INGREDIENTS FOR THE GOOD LIFE

EatingWell®

MARCH 2020

7 SECRETS OF THE *REAL* MEDITERRANEAN DIET

AN INSIDER'S ITALY

QUICK EATS FROM GREECE

Meet Falafel's Egyptian Cousin, *Taameya*

THE MEDITERRANEAN ISSUE

Dig In!

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For this Easy Santa Fe Style Stuffed Peppers recipe and other inspiration visit *SuccessRice.com*

CONTENTS

SPECIAL SECTION

Flip the issue to read about the origins of the Mediterranean diet, sailing the Venetian Lagoon, sharing meals across the border in Cyprus, and a chef who's bringing Cairo's street food, including the cover recipe *(p.36)*, to New York City.

FRONT COVER: LEIGH BEISCH; STYLING: EMILY CANEER (FOOD), GLENN JENKINS (PROPS)
THIS PAGE: MAREN CARUSO; STYLING: KAREN SHINTO

7 Dinner Tonight
We've got three words for you: Savory Dutch Baby. Get the recipe for this egg-Parm-arugula beauty *(p.8)*, plus Orange-Ginger Chicken Thighs with Baby Bok Choy *(p.16)*, Blue Cheese & Mushroom Sheet-Pan Pizza *(p.39)* and more simple recipes designed to help you win weeknight meals.

41 Good Life
Meet the guy who invented the insta-garden (no planting required!) *(p.42)*, read up on the innovative ways companies are reducing their plastic use *(p.57)* and if you've long been wary of MSG, turn to page 63 for the latest thinking on this ingredient. (Spoiler: It could be *good* for you.)

67 Good Food Fast
Your morning bagel-and-cream-cheese thing is fine, but don't grab-and-go Muffin-Pan Egg Bites sound better? Also, fresh combos to order at Chipotle *(p.70)*, because even we don't bring our lunch every day.

2 Recipe Index
4 Chatter

For more info about our nutritional analyses: *eatingwell.com/go/guidelines*

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
DINNER TONIGHT RECIPES																				
Side Dishes																				
26	Dilly Snap Peas	23	4	0	2	1	242	109						53	■	■		■	■	■
26	Port-Braised Endive with Rye Breadcrumbs	156	15	0	2	4	228	290							■		■	■		■
Vegetarian																				
39	Blue Cheese & Mushroom Sheet-Pan Pizza	383	41	0	12	3	516	439							■					■
10	Chile-Lime Cauliflower Quesadillas	336	31	0	11	6	800	254	21					59	■	■		■		■
36	Korean BBQ Tempeh Grain Bowl	333	52	14	17	3	817	507							■	■		■	■	■
14	Plant-Based Smashed Burgers with Caramelized Onion Relish	555	62	7	25	9	755	897	28	41	36	24	39	31	■			■	■	■
8	Savory Dutch Baby with Arugula & Parmesan	395	19	0	17	2	507	294	22			24			■					■
Fish																				
28	Old Thymy Salmon with Lemony Mashed Peas	370	17	0	35	5	669	714				53	100	46	■	■		■		
Chicken																				
23	Chicken Mole Tacos with Mango-Jicama Slaw	371	41	4	27	6	690	430						47	■	■		■		
31	Chopped Salad with Chicken & Avocado-Buttermilk Dressing	337	28	7	30	6	644	860		23		119		134	■	■		■		
16	Orange-Ginger Chicken Thighs with Baby Bok Choy	299	18	3	30	3	723	369				177		154	■	■		■		
24	Weeknight Roast Chicken & Carrots with Salsa Verde	263	11	0	30	3	361	651				350		30		■	■	■		
Beef & Pork																				
19	Cajun Pork Chops with Asparagus & Cheesy Polenta	565	28	0	36	4	658	627	30			25			■	■		■		
12	Skillet Beef & Veggie Potpie with Buttermilk Biscuits	420	36	0	25	7	688	689			34	102	32	22				■		
32	Spinach, Lima Bean & Crispy Pancetta Pasta	477	62	0	21	8	687	663		62	34	89		48	■			■		
34	Steak, White Kimchi & Forbidden Rice Salad	495	36	0	20	10	582	929		48		134		91		■		■		
MEDITERRANEAN RECIPES (Flip the issue!)																				
Appetizers (Meze)																				
12	Dakos (Barley Rusks)	204	34	1	5	4	233	132									■		■	■
11	Kolokythokeftedes (Baked Herb & Feta Zucchini Patties)	229	18	0	9	2	399	332						31						■
11	Sympetherio (Mashed Legumes with Onion, Capers & Radicchio)	246	29	0	11	10	283	462		31						■			■	■
29	Tahini Dip	106	4	0	3	1	79	82							■	■	■		■	■
Side Dishes & Salads																				
30	Black-Eyed Peas with Chard	186	23	0	8	7	308	543		44	20	93		48		■		■	■	■
22	Fried Asparagus & Squash Blossoms	351	7	0	2	1	193	115											■	■
22	Lemony Samphire	39	4	0	1	0	329	22							■	■		■	■	■
29	Purslane, Tomato & Cucumber Salad with Mint	73	4	0	2	1	133	350						27	■	■	■	■	■	■
22	Risi e Bisi	221	39	0	5	3	373	160						26		■			■	■
29	Wild Asparagus with Scrambled Eggs	177	10	0	8	2	371	377							■	■		■		■
12	Yahnera (Braised Greens with Lemon & Fennel)	211	19	0	5	5	386	790		38	21	190		75		■			■	■
37	Zooba Salad	37	8	0	2	2	162	347				37		87	■	■	■	■	■	■
Vegetarian																				
13	Hondros me Melitzanes (Bulgur Pilaf with Eggplant, Pepper & Tomatoes)	493	42	0	10	9	432	702				26		67						■
37	Koshari	350	53	0	11	10	674	308							■			■	■	■
36	Lentil Soup	245	41	0	15	7	487	513		32	27	29				■		■	■	■
12	Revithia me Kolokytha (Slow-Cooked Chickpeas with Orange, Lemon & Squash)	253	34	0	9	9	468	525		43		148		40		■		■	■	■
36	Taameya with Tahini Sauce	364	22	0	10	8	453	405		26	23			21		■		■	■	■
Fish																				
21	Herb-Crusted Sea Bass	288	10	0	29	2	499	401										■		
22	Shaved Artichoke Salad with Shrimp	243	18	0	14	9	237	737		30				33		■	■	■		
Beef, Lamb & Rabbit																				
36	Hawawshi	346	26	0	35	3	605	530			24			39	■			■		
21	Rabbit Saor	509	18	0	47	3	664	914					210			■		■		
27	Slow-Cooked Lamb with Lemons & Pomegranate	385	14	0	30	2	449	588					44	23		■				
Baked Goods																				
22	Bicciolani	45	4	2	1	0	5	8									■	■		■

BLANCHI COSTELA/GETTY IMAGES

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WE ASKED YOU:

What food or beverage is your St. Paddy's go-to?

"I corn my own cuts of beef—usually chuck roasts for 3 to 4 weeks—with the Fitz family recipe. Of course I serve it with veggies, soda bread, Guinness and Irish coffee." —*funfitz*

"Crème de menthe chocolate brownies & Irish flag shots!" —*amy.perry88*

"Aunt Anna's colcannon." —*steadystateweight*

"Brown bread and Kerrygold butter!" —*ggregan*

"A sneaky leprechaun leaves a box of **green Jell-O** for us to make together. We cut the pan of Jell-O with St. Pat's themed cookie cutters!" —*cmldougherty*

"Reuben egg rolls." —*jbanks1011*

"Well, **Irish stew** of course. Recipe from the Guinness factory! Sooo good!" —*cindycirillo*

"My Irish American family always ate **ham and boiled cabbage and floury potatoes.** Then a little splash of red-wine vinegar on the delicious boiled cabbage before you eat. And if I'm at a proper Irish pub... I'm gonna have a Smithwick's!" —*europapete*

WHAT'S TRENDING ON

EatingWell.com

1 Fresh Spring Salads
After a long winter, it's time to give your salad rotation new life. Start with this Spinach-Strawberry Salad with Feta & Walnuts. *EatingWell.com/springsalads*

2 Cabbage Everything
Want a twist on the classic St. Patrick's Day side dish? Try Roasted Cabbage with Chive-Mustard Vinaigrette or Slow-Cooker Braised Potatoes with Green Cabbage. *EatingWell.com/cabbage*

3 Spring Reset
Join our 30-day challenge to replace overly processed foods in your pantry with whole, nutritious ones! *EatingWell.com/springreset*

GOOD-LIFE GURUS: MEDITERRANEAN EDITION

Three international chefs to put on your Insta radar.

@massimobottura
Chef Massimo Bottura may have three Michelin stars at his Modena, Italy, restaurant, but he cares more about helping people and the planet than culinary stardom. In 2016, he founded Food for Soul *(foodforsoul.it)*, a nonprofit fighting food waste and hunger by transforming surplus food into meals for those in need.

@gursmehmet
Turkish celebrity chef Mehmet Gürs is chef and partner of 19 restaurants and cafés in Istanbul, most famously Mikla. Gürs is also the co-founder of Yedi Istanbul, an annual conference bringing together international food-industry innovators to discuss topics from climate change to community kitchens.

@najatkaanache_
Born in Spain to Moroccan parents, Najat Kaanache incorporates the cuisine she grew up eating into the three restaurants she now owns on two continents. (Two of her eateries are located in Morocco and she has a third spot in Mexico.) She's also the host of a Moroccan cooking show, *Cocina Marroquí*, that airs in 20-plus Latin countries. In addition to all that, Kaanache leads cooking classes and culinary tours in Fez, Morocco (to book, visit *nur.ma*).

What's your favorite recipe that your mom passed on to you?

For a chance to have your answer featured in an upcoming issue, hover your phone's camera over this smart code to connect with us on Instagram.

TOP: MARTY BALDWIN; BOTTOM: SIMON JOHN OWEN/RED PHOTOGRAPHIC; MIKLA ARCHIVE; COURTESY NAJAT KAANACHE

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DINNER TONIGHT

Cooking with Kids

Breakfast for Dinner

Savory Dutch Baby with Arugula & Parmesan ▸

JENNIFER CAUSEY; STYLING (PAGES 7-28, 32, 36-39): CHELSEA ZIMMER (FOOD), AUDREY DAVIS (PROPS)

Get Some Air

Kids will get a rise out of helping you make this popover-like pancake while learning how to give foods a lift. **By Joy Howard**

Savory Dutch Baby with Arugula & Parmesan

ACTIVE: 15 min **TOTAL:** 35 min

Also called a German pancake, this breakfast or brunch dish is delicious served with sweet or savory ingredients. Here, we make it dinner-worthy by topping it with a fresh salad, cheese and fried eggs. (Photo: page 7.)

- **7 large eggs, divided**
- **⅔ cup whole milk**
- **¼ cup all-purpose flour**
- **¼ cup whole-wheat pastry flour**
- **½ teaspoon kosher salt**
- **½ teaspoon ground pepper, divided**
- **3 tablespoons unsalted butter**
- **2 tablespoons extra-virgin olive oil, divided**
- **2 teaspoons lemon juice**
- **2½ cups baby arugula**
- **1 ounce Parmesan cheese, shaved**

1. Place a 10-inch cast-iron skillet in the oven; preheat to 425°F.

2. KIDS DO Combine 3 eggs, milk, all-purpose flour, whole-wheat flour, salt and ¼ teaspoon pepper in a blender; blend until frothy, about 1 minute.

3. Carefully remove the pan from the oven, add butter and swirl the pan until the butter is melted. Immediately add the batter. Bake until puffed and golden brown, about 20 minutes.

4. Meanwhile, heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the remaining 4 eggs and cook sunny-side up until the whites are just set, about 2 minutes.

5. KIDS DO Whisk the remaining 1 tablespoon oil and lemon juice in a medium bowl. Add arugula and toss to coat.

6. Serve the Dutch baby topped with the fried eggs, arugula, Parmesan and the remaining ¼ teaspoon pepper.

SERVES 4: ¼ Dutch baby, 1 egg & generous ½ cup salad each
Cal 395 **Fat** 28g (sat 11g)
Chol 358mg **Carbs** 19g
Total sugars 3g (added 0g)
Protein 17g **Fiber** 2g **Sodium** 507mg **Potassium** 294mg.

TEACH YOUR KIDS

HEAT + STEAM Many baking recipes call for a leavening agent like yeast or baking powder, but a Dutch baby gets its height from steam. As the liquid in the batter heats up, it lets off steam, making batter bubbles puff up.

FLOUR + EGGS For the pancake to fully inflate, you need to prevent the steam from escaping. This is where proteins from the flour (gluten) and eggs step in to form an elastic trap that holds the steam (similar to blowing bubbles). As the Dutch baby continues to cook, the bubbles set into place as the starches in the batter bake into a crispy outer crust.

INSET: BRETT SIMISON

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SPICY SPRINKLE
Chile-lime seasoning originated in Mexico, where you'll find it on the rims of margarita glasses and sprinkled on mango and jicama slices. It's recently become popular in the U.S. We use it to add spice and tang to the quesadilla filling in this recipe.

Chile-Lime Cauliflower Quesadillas

ACTIVE: 30 min **TOTAL:** 30 min

Poblano peppers add a touch of heat to these quesadillas, but a sweet bell pepper is tasty, too, if you want something milder.

- **3 tablespoons corn oil, divided**
- **1 tablespoon chili-lime seasoning or rub, such as Tajín *(see Tip)***
- **2 cups chopped cauliflower**
- **1 cup chopped poblano peppers**
- **8 6-inch corn *or* whole-wheat tortillas, warmed**
- **½ cup reduced-sodium refried black beans**
- **¾ cup shredded Cheddar cheese**
- **Salsa for serving**

1. Position rack in upper third of oven; preheat broiler to high. Line a baking sheet with foil.
2. Whisk 1 tablespoon oil and seasoning in a medium bowl. Add cauliflower and poblanos; toss to coat. Spread evenly on the prepared pan. Broil on the upper rack until just tender, about 8 minutes. Reduce oven temperature to 200°.
3. Top half of each tortilla with 1 tablespoon each beans and cheese and ¼ cup of the vegetable mixture. Sprinkle with the remaining cheese. Fold the tortillas in half.
4. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add 4 quesadillas and cook, flipping once halfway, until browned, 2 to 4 minutes per side. Transfer to the baking sheet and keep warm in the oven. Repeat with the remaining 1 tablespoon oil and 4 quesadillas. Serve the quesadillas with salsa, if desired.

SERVES 4: 2 quesadillas each
Cal 336 **Fat** 20g (sat 6g) **Chol** 21mg **Carbs** 31g **Total sugars** 2g (added 0g) **Protein** 11g **Fiber** 6g **Sodium** 800mg **Potassium** 254mg.

ILLUSTRATION BY EMMA DIBBEN, RECIPE BY CAROLYN MALCOUN

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Skillet Beef & Veggie Potpie with Buttermilk Biscuits

ACTIVE: 45 min **TOTAL:** 1 hr

Using an oven-safe skillet (like cast iron) allows you to take this potpie from stovetop to oven without dirtying extra pans.

- 1 tablespoon extra-virgin olive oil
- 1 pound lean ground beef
- 4 cloves garlic, minced
- 1 tablespoon Dijon mustard
- 1 teaspoon salt, divided
- 1 14-ounce bag frozen pearl onions
- 1 13-ounce bag frozen peas
- 1 cup diced carrots
- 3 tablespoons white whole-wheat flour plus 1 cup, divided
- 3 cups low-sodium beef broth
- ½ cup chopped fresh parsley, plus more for garnish
- ½ teaspoon baking powder
- 4 tablespoons cold unsalted butter (½ stick), cut into ¼-inch pieces
- ½ cup buttermilk

1. Preheat oven to 400°F.

2. Heat oil in a large ovenproof skillet over medium-high heat. Add beef and cook, breaking it up with a wooden spoon, until browned and cooked through, 4 to 7 minutes. Add garlic, mustard and ¾ teaspoon salt; cook, stirring, for 1 minute. Stir in onions, peas and carrots; cook, stirring frequently, until the vegetables are hot, about 4 minutes. Sprinkle the mixture with 3 tablespoons flour; cook, stirring, for 1 minute. Add broth and cook, stirring occasionally, until the mixture is slightly thickened, about 10 minutes more. Stir in parsley.

3. Meanwhile, combine the remaining 1 cup flour, baking powder and the remaining ¼ teaspoon salt in a medium bowl. Rub butter into the flour to create a coarse mixture. Stir in buttermilk and mix until just combined. Place heaping tablespoonfuls of the batter on top of the beef mixture to make 12 biscuits.

4. Transfer the pan to the oven. Bake until the biscuits are golden brown and cooked through, 15 to 18 minutes. Garnish with more parsley, if desired.

SERVES 6: 1½ cups each

Cal 420 **Fat** 19g (sat 9g) **Chol** 72mg **Carbs** 36g **Total sugars** 9g (added 0g) **Protein** 25g **Fiber** 7g **Sodium** 688mg **Potassium** 689mg.

BETTER BISCUITS
A quick drop biscuit topping made with white whole-wheat flour adds 2g fiber per serving and cuts the sodium in half compared to using refrigerated biscuit dough.

RECIPE BY ADAM DOLGE

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Plant-Based Smashed Burgers with Caramelized Onion Relish

ACTIVE: 40 min **TOTAL:** 40 min

Smashing burgers into thin patties not only makes them quick-cooking, it also creates irresistible crispy edges.

- **3 tablespoons canola oil, divided**
- **2 large sweet onions, diced**
- **¼ cup cider vinegar**
- **2 tablespoons light brown sugar**
- **1 teaspoon fresh thyme**
- **½ teaspoon ground pepper, divided**
- **¼ teaspoon salt, divided**
- **12-16 ounces plant-based ground "meat," such as Beyond Beef *or* Impossible Burger**
- **2 teaspoons chili powder**
- **8 slices seeded whole-grain sandwich bread, toasted**
- **2 cups baby arugula**
- **4 slices tomato**

1. Heat 2 tablespoons oil in a large cast-iron skillet over medium heat. Add onions and cook, stirring occasionally, until caramelized, 15 to 20 minutes. Add vinegar, brown sugar, thyme, ¼ teaspoon pepper and ⅛ teaspoon salt. Cook, stirring, until most of the liquid has evaporated and the mixture is slightly syrupy, about 2 minutes. Transfer the mixture to a medium bowl. Wipe out the pan.

2. Meanwhile, combine ground "meat," chili powder and the remaining ¼ teaspoon pepper and ⅛ teaspoon salt in a large bowl. Form into 4 patties and smash to about ¼ inch thick.

3. Heat the remaining 1 tablespoon oil in the pan over medium-high heat. Add the patties and cook until browned on both sides, 3 to 4 minutes.

4. Serve the burgers on toast with the onion relish, arugula and tomato.

SERVES 4: 1 burger each

Cal 555 **Fat** 24g (sat 7g) **Chol** 0mg **Carbs** 62g **Total sugars** 21g (added 7g) **Protein** 25g **Fiber** 9g **Sodium** 755mg **Potassium** 897mg.

VEGETABLE ADVANTAGE

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RECIPE BY ADAM DOLGE

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WE'RE ON THE SIDE OF FOOD

Orange-Ginger Chicken Thighs with Baby Bok Choy

ACTIVE: 40 min **TOTAL:** 40 min

Searing the chicken before roasting at high heat ensures super-crispy skin. Combine that with mandarin oranges and you've got a dish reminiscent of the fried orange chicken at the mall food court—without the fryer.

- **2 pounds bone-in chicken thighs**
- **½ teaspoon Chinese five-spice powder**
- **¼ teaspoon salt**
- **2 teaspoons peanut oil**
- **1½ pounds baby bok choy, halved**
- **1 11-ounce can mandarin oranges in light syrup**
- **2 tablespoons reduced-sodium tamari**
- **2 tablespoons Shaoxing rice wine *or* dry sherry, divided**
- **2 tablespoons minced shallot**
- **1 tablespoon grated garlic**
- **1 tablespoon grated fresh ginger**
- **1½ teaspoons cornstarch**

1. Preheat oven to 450°F.

2. Pat chicken dry and sprinkle with five-spice powder and salt. Heat oil in a large cast-iron or other ovenproof skillet over medium heat. Add the chicken, skin-side down, and cook until the skin is golden brown, 6 to 8 minutes. Turn the chicken over and nestle bok choy into the pan.

3. Transfer to the pan to the oven. Roast until an instant-read thermometer inserted in a thigh without touching bone registers 165°F, about 15 minutes.

4. Meanwhile, add ¼ cup syrup from mandarin oranges to a small saucepan. (Drain the remaining syrup and reserve the oranges.) Add tamari, 1 tablespoon rice wine (or sherry), shallot, garlic and ginger to the pan. Bring to a simmer over medium heat and cook for 3 minutes. Whisk the remaining 1 tablespoon rice wine (or sherry) and cornstarch in a small bowl until smooth then whisk it into the sauce. Cook, stirring, until the sauce is thickened, about 1 minute. Strain the sauce into a heatproof measuring cup or bowl and stir in the reserved oranges.

5. Serve the chicken and bok choy topped with the sauce.

SERVES 4: 3 oz. chicken, 1½ cups bok choy & ¼ cup sauce each

Cal 299 **Fat** 11g (sat 3g) **Chol** 142mg **Carbs** 18g **Total sugars** 12g (added 3g) **Protein** 30g **Fiber** 3g **Sodium** 723mg **Potassium** 369mg.

Get *EatingWell* recipes for easy weeknight & 20-minute mains in Cozi, a free meal-planning & organizing app (available on iTunes and Google Play) from our parent company, Meredith Corporation.

RECIPE BY BRENNA KLEIN

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Tangy Four Bean Salad

For the Salad:

- 1 can (15.5 oz.) GOYA® Organic Chick Peas
- 1 can (15.5 oz.) GOYA® Organic Black Beans
- 1 can (15.5 oz.) GOYA® Organic Cannellini
- 1 can (15.5 oz.) GOYA® Organic Pinto Beans
- 2/3 cup medium red onion, finely chopped
- 1/2 cup medium tomato, finely chopped
- 2 tbsp. fresh cilantro, finely chopped
- 2 tsp. GOYA® Minced Garlic

For the Dressing:

- 3 tbsp. GOYA® Red Wine Vinegar
- 1 tsp. sugar
- 1/2 tsp. GOYA® Crushed Red Peppers
- 1/2 cup GOYA® Extra Virgin Olive Oil
- GOYA® Adobo with Pepper, to taste

For step-by-step instructions,
visit goya.com/fourbeansalad

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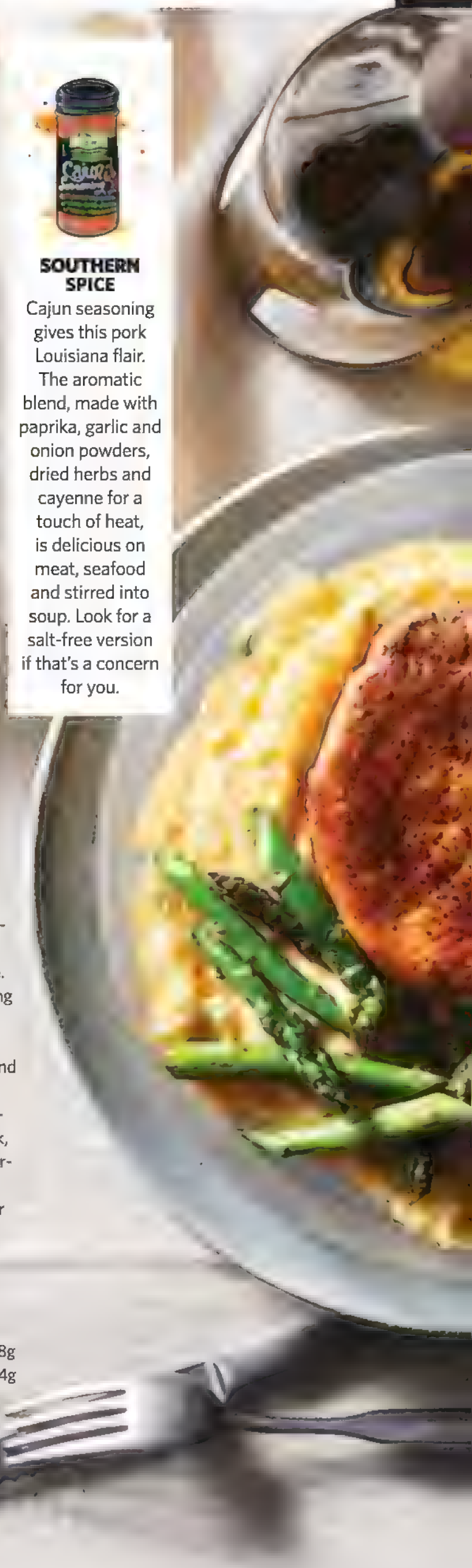
SOUTHERN SPICE

Cajun seasoning gives this pork Louisiana flair. The aromatic blend, made with paprika, garlic and onion powders, dried herbs and cayenne for a touch of heat, is delicious on meat, seafood and stirred into soup. Look for a salt-free version if that's a concern for you.



Cajun Pork Chops with Asparagus & Cheesy Polenta

ACTIVE: 35 min **TOTAL:** 35 min

This polenta has a nice sharp bite thanks to Cheddar cheese. Don't have any on hand? Try Parmesan or Gouda instead.

- **4 cups water**
- **1 cup cornmeal**
- **1½ pounds thin-cut bone-in pork chops**
- **1 tablespoon Cajun seasoning *(see Tip)***
- **½ teaspoon salt plus a pinch, divided**
- **2 tablespoons grapeseed *or* canola oil, divided**
- **1 pound asparagus, cut into 2-inch pieces**
- **¼ cup white wine**
- **1¼ cups shredded sharp Cheddar cheese**
- **4 scallions, sliced**
- **1 tablespoon butter**
- **¼ teaspoon ground pepper**

1. Bring water to a boil in a medium saucepan over high heat. Slowly whisk in cornmeal and reduce heat to maintain a simmer. Cook, stirring occasionally, until thickened and the cornmeal is tender, about 20 minutes.

2. Meanwhile, season pork chops with Cajun seasoning and ¼ teaspoon salt. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the pork and cook, turning once, until browned, about 1 minute per side. Reduce heat to medium and continue cooking until an instant-read thermometer inserted in the thickest part registers 140°F, 3 to 6 minutes more. Transfer the pork to a plate and tent with foil to keep warm.

3. Add the remaining 1 tablespoon oil, asparagus, wine and pinch of salt to the pan. Cook, scraping up any browned bits, until the asparagus is tender, about 3 minutes.

4. Remove the polenta from the heat and stir in cheese, scallions, butter, pepper and the remaining ¼ teaspoon salt. Serve the pork chops with the asparagus and polenta.

SERVES 4: 3 oz. pork, 1 cup polenta & ¾ cup asparagus each

Cal 565 **Fat** 35g (sat 14g) **Chol** 111mg **Carbs** 28g **Total sugars** 2g (added 0g) **Protein** 36g **Fiber** 4g **Sodium** 658mg **Potassium** 627mg.

ILLUSTRATION BY EMMA DIBBEN, RECIPE BY BREANA KILLEEN

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A PLACE AT THE TABLE
SARAH JONES / Writer, Performer

MÁS SAUCE
Most mole sauce recipes call for a lot of ingredients and end up being a labor of love. We opt for a premade sauce to keep this dish fast. If your grocery store only carries mole paste, whisk ¼ cup into ¾ cup low-sodium chicken broth.

Chicken Mole Tacos with Mango-Jicama Slaw

ACTIVE: 30 min **TOTAL:** 30 min

Jicama stands in for cabbage in the slaw topping for these tacos. Its crunch complements the juicy mango without getting soggy.

- **2 tablespoons corn oil, divided**
- **1 pound boneless, skinless chicken breasts, trimmed**
- **½ medium white onion, sliced**
- **1 cup prepared mole sauce *(see Tip)***
- **2 tablespoons lime juice, plus lime wedges for serving**
- **2 teaspoons honey**
- **¼ teaspoon ground pepper**
- **⅛ teaspoon salt**
- **1 cup jicama matchsticks**
- **1 cup mango matchsticks**
- **¼ cup thinly sliced red onion**
- **2 tablespoons chopped fresh cilantro**
- **8 corn tortillas, warmed**

1. Heat 1 tablespoon oil in a large saucepan over medium heat. Add chicken and cook, turning once, until browned on both sides, about 5 minutes. Add white onion and cook, stirring, for 1 minute. Stir in mole sauce. Reduce heat to maintain a simmer and cook, turning the chicken occasionally, until an instant-read thermometer inserted in the thickest part registers 165°F, about 10 minutes.

2. Meanwhile, combine the remaining 1 tablespoon oil, lime juice, honey, pepper and salt in a medium bowl. Add jicama, mango, red onion and cilantro; toss to combine.

3. Shred the chicken and stir into the sauce. Serve the chicken mixture in tortillas with the slaw and lime wedges, if desired.

SERVES 4: 2 tacos each

Cal 371 **Fat** 11g (sat 2g) **Chol** 63mg **Carbs** 41g **Total sugars** 14g (added 4g) **Protein** 27g **Fiber** 6g **Sodium** 690mg **Potassium** 430mg.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY BREANA KILLEEN

Weeknight Roast Chicken & Carrots with Salsa Verde

ACTIVE: 30 min **TOTAL:** 50 min

Nothing says comfort like a roasted whole chicken, but it can take a while to cook. Using chicken parts instead puts it on the weeknight menu. Fresh herbs, lemon juice and capers in this Italian sauce brighten things up.

- **4 pounds bone-in chicken parts *or* one 4- to 5-pound whole chicken**
- **2 tablespoons extra-virgin olive oil, divided**
- **4 cloves garlic, minced, divided**
- **½ teaspoon kosher salt**
- **¾ teaspoon ground pepper, divided**
- **2 pounds small carrots, halved lengthwise**
- **1 cup chopped fresh herbs, such as basil, parsley, oregano *and/or* marjoram**
- **2 tablespoons lemon juice**
- **1 tablespoon capers, rinsed**
- **1 teaspoon anchovy paste**
- **1 tablespoon water**

1. Place 2 rimmed baking sheets in oven; preheat to 500°F.

2. If using a whole chicken, cut into parts (breasts, leg quarters and wings). Cut any chicken breasts in half crosswise. Combine 1 tablespoon oil, half the garlic, salt and ½ teaspoon pepper in a small bowl. Rub all over the chicken and under the skin.

3. Remove the pans from the oven and divide the chicken between them. Arrange carrots around the chicken on both pans.

4. Reduce oven temperature to 450°. Roast the chicken and carrots until an instant-read thermometer inserted in the thickest part of a leg without touching bone registers 165°F, 20 to 30 minutes.

5. Meanwhile; combine herbs, lemon juice, capers, anchovy paste, the remaining garlic and ¼ teaspoon pepper in a food processor. Pulse until finely chopped. With the motor running, slowly add water and the remaining 1 tablespoon oil.

6. Serve the chicken and carrots with the sauce.

SERVES 8: 3 oz. chicken, ½ cup carrots & 1 Tbsp. sauce each

Cal 263 **Fat** 11g (sat 2g) **Chol** 118mg **Carbs** 11g **Total sugars** 5g (added 0g) **Protein** 30g **Fiber** 3g **Sodium** 361mg **Potassium** 651mg.

Hover your phone's camera over this smart code to see how to cut a whole chicken into parts yourself.

REC PE BY DEVON O 6R EN

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Dilly Snap Peas

ACTIVE: 25 min **TOTAL:** 40 min

A pickling brine gives these fresh peas a bracing pucker. Serve in place of pickles on a sandwich or as an addition to a cheese board.

- **1 cup distilled white vinegar**
- **1 cup water**
- **2 tablespoons kosher salt**
- **2 large cloves garlic, sliced**
- **1 teaspoon dill seed**
- **1 teaspoon mustard seed**
- **½ teaspoon crushed red pepper**
- **1 pound sugar snap peas, trimmed**
- **1 tablespoon chopped fresh dill**

Combine vinegar, water and salt in a large saucepan. Bring to a boil over medium-high heat. Cook, stirring, until the salt dissolves, about 2 minutes. Remove from heat and add garlic, dill seed, mustard seed and crushed red pepper. Add peas to the brine and let marinate, stirring occasionally, for 15 minutes. Drain. Toss the peas with dill.

SERVES 8: ½ cup each
Cal 23 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 4g **Total sugars** 2g (added 0g) **Protein** 2g **Fiber** 1g **Sodium** 242mg **Potassium** 109mg.

PICKY EATERS EDITION

Port-Braised Endive with Rye Breadcrumbs

ACTIVE: 15 min **TOTAL:** 15 min

Sweet port softens the bitter edge of the endive.

- **1 tablespoon canola oil**
- **4 medium heads Belgian endive (about 1 pound), trimmed and cut in half lengthwise**
- **½ cup ruby port**
- **1 tablespoon butter**
- **½ cup fresh rye breadcrumbs**
- **¼ teaspoon salt**
- **⅛ teaspoon ground pepper**
- **1 tablespoon chopped fresh dill**

1. Heat oil in a large skillet over medium-high heat. Add endive, cut-side down, and cook until very brown, about 3 minutes. Flip and add port. Reduce heat to maintain a simmer, partially cover and cook until the port is mostly evaporated, 5 to 7 minutes.
2. Meanwhile, heat butter in a small skillet over medium heat. Add breadcrumbs and cook, stirring occasionally, until crispy, about 2 minutes. Remove from heat.
3. Season the endive with salt and pepper. Serve topped with the breadcrumbs and dill.

SERVES 4: 2 endive halves each
Cal 156 **Fat** 7g (sat 2g) **Chol** 8mg **Carbs** 15g **Total sugars** 3g (added 0g) **Protein** 2g **Fiber** 4g **Sodium** 228mg **Potassium** 290mg.

RECIPES BY BREANA K. LEEN-CAROLYN MALCOLM

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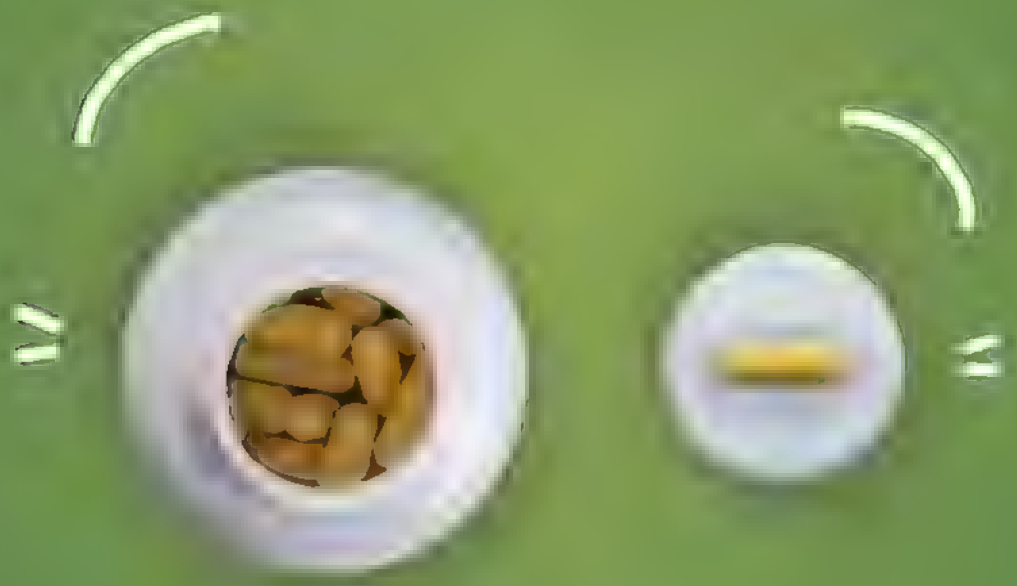

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Old Thymy Salmon with Lemony Mashed Peas

ACTIVE: 20 min **TOTAL:** 20 min

Cooking butter until it browns adds a toasty, nutty flavor. Here it gives Old Bay-rubbed salmon a chef-worthy finish—not bad for 20 minutes!

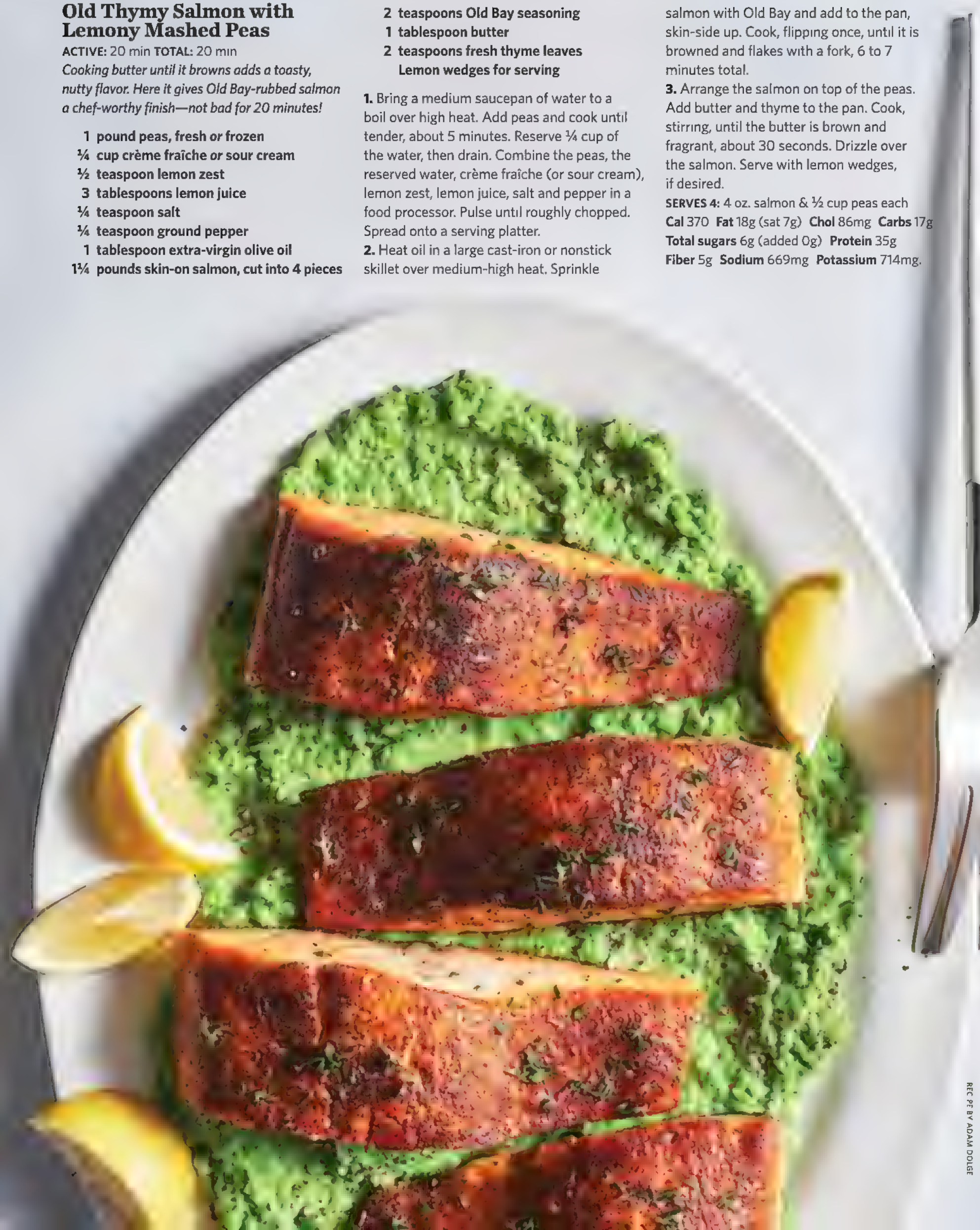
- **1 pound peas, fresh *or* frozen**
- **¼ cup crème fraîche *or* sour cream**
- **½ teaspoon lemon zest**
- **3 tablespoons lemon juice**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **1 tablespoon extra-virgin olive oil**
- **1¼ pounds skin-on salmon, cut into 4 pieces**
- **2 teaspoons Old Bay seasoning**
- **1 tablespoon butter**
- **2 teaspoons fresh thyme leaves**
- **Lemon wedges for serving**

1. Bring a medium saucepan of water to a boil over high heat. Add peas and cook until tender, about 5 minutes. Reserve ¼ cup of the water, then drain. Combine the peas, the reserved water, crème fraîche (or sour cream), lemon zest, lemon juice, salt and pepper in a food processor. Pulse until roughly chopped. Spread onto a serving platter.

2. Heat oil in a large cast-iron or nonstick skillet over medium-high heat. Sprinkle salmon with Old Bay and add to the pan, skin-side up. Cook, flipping once, until it is browned and flakes with a fork, 6 to 7 minutes total.

3. Arrange the salmon on top of the peas. Add butter and thyme to the pan. Cook, stirring, until the butter is brown and fragrant, about 30 seconds. Drizzle over the salmon. Serve with lemon wedges, if desired.

SERVES 4: 4 oz. salmon & ½ cup peas each
Cal 370 **Fat** 18g (sat 7g) **Chol** 86mg **Carbs** 17g **Total sugars** 6g (added 0g) **Protein** 35g **Fiber** 5g **Sodium** 669mg **Potassium** 714mg.



RECIPE BY ADAM DOLGE

BLAINE MOATS, STYLING GREG LUNA (FOOD), SUE MITCHELL (PROPS) RECIPE BY CAROLYN MALCOLM

Chopped Salad with Chicken & Avocado-Buttermilk Dressing

ACTIVE: 20 min **TOTAL:** 20 min

TO MAKE AHEAD: Refrigerate dressing and salad separately for up to 3 days.

This herb-loaded green goddess-inspired dressing gets a color boost from creamy avocado. Make a double batch to keep on hand for salads throughout the week.

- **1 cup buttermilk**
- **½ ripe avocado**
- **3 tablespoons chopped fresh herbs, such as tarragon, mint *and/or* parsley**
- **1 tablespoon rice vinegar**
- **¾ teaspoon salt**
- **½ teaspoon ground pepper**
- **4 cups chopped kale**
- **2 cups shredded red cabbage**
- **2 cups broccoli florets, finely chopped**
- **2 cups shredded cooked chicken**
- **1 cup shredded carrots**
- **½ cup finely chopped red onion**
- **½ cup toasted sliced almonds**
- **⅓ cup dried cherries *or* cranberries**

1. Combine buttermilk, avocado, herbs, vinegar, salt and pepper in a blender; process until smooth.

2. Combine kale, cabbage, broccoli, chicken, carrots, onion, almonds and cherries (or cranberries) in a large bowl; toss to combine. Add the dressing and toss again.

SERVES 4: 2½ cups each

Cal 337 **Fat** 13g (sat 2g) **Chol** 62mg **Carbs** 28g **Total sugars** 16g (added 7g) **Protein** 30g **Fiber** 6g **Sodium** 644mg **Potassium** 860mg.

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BEAN BOOST

Lima beans edge out most other legumes when it comes to protein and fiber. In this pasta dish they add 9g protein and 7g fiber per serving.

Spinach, Lima Bean & Crispy Pancetta Pasta

ACTIVE: 20 min **TOTAL:** 20 min

We opt for fresh spinach pasta here—it cooks quickly and adds a pop of color. Cooking lima beans in pancetta drippings infuses them with flavor.

- **1 9-ounce package fresh spinach pasta**
- **1 tablespoon extra-virgin olive oil**
- **4 ounces diced pancetta**
- **1 pound frozen baby lima beans, thawed**
- **1 cup sliced shallots**
- **2 cloves garlic, minced**
- **½ teaspoon dried rosemary**
- **4 cups baby spinach**
- **3 tablespoons lemon juice**
- **¾ cup grated pecorino cheese, divided**

1. Bring a medium saucepan of water to a boil over high heat. Add pasta and cook according to package directions. Reserve 1 cup of water, then drain the pasta.

2. Meanwhile, heat oil in a large skillet over medium-high heat. Add pancetta and cook, stirring occasionally, until crispy, 6 to 8 minutes. Remove with a slotted spoon to a plate. Add lima beans and shallots to the pan. Cook, stirring occasionally, until the shallots are tender, about 3 minutes. Stir in garlic and rosemary; cook, stirring, until fragrant, about 1 minute. Add spinach and cook until wilted, about 2 minutes.

3. Add the pasta and the reserved water to the pan. Cook, stirring, until the sauce is thickened, about 1 minute. Stir in lemon juice and half the pecorino. Serve the pasta topped with the remaining pecorino.

SERVES 4: 1½ cups each

Cal 477 **Fat** 16g (sat 7g) **Chol** 74mg **Carbs** 62g **Total sugars** 3g (added 0g) **Protein** 21g **Fiber** 8g **Sodium** 687mg **Potassium** 663mg.

RECIPE BY ADAM DOLGE

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Chef Anthony Myint

Anthony Myint is not just a restaurateur, he's an activist who is helping to reduce the carbon footprints of restaurants. He and his wife, Karen Leibowitz, started the Perennial Farming Initiative to partner with restaurants like New York City's Mission Chinese Food to showcase ingredients—such as the rice, mushrooms and beef in this salad—that help fight climate change. High-yield forbidden rice needs less water to grow, and the mushrooms and beef Myint sources are farmed in ways that help rehabilitate nutrient-depleted soil.

Steak, White Kimchi & Forbidden Rice Salad

ACTIVE: 45 min **TOTAL:** 1 hr

This salad doesn't feature a typical dressing, but tangy kimchi, savory pan-fried shallots and lemon juice pack it with flavor.

- **8 ounces hanger *or* boneless rib-eye steak, trimmed**
- **¾ teaspoon salt, divided**
- **¾ cup plus 2 tablespoons water**
- **½ cup forbidden rice *or* brown rice**
- **5 tablespoons extra-virgin olive oil, divided, plus more to taste**
- **1 cup thinly sliced shallots**
- **2 cups sliced shiitake mushrooms**
- **4 scallions, trimmed and cut into ½-inch pieces**
- **1 large ripe avocado, cubed**
- **½ cup white kimchi (*baek kimchi*) *or* fresh sauerkraut, drained**
- **4 cups tatsoi, spinach *or* other tender greens**
- **1 tablespoon lemon juice**
- **¼ cup toasted sunflower seeds**

1. Sprinkle steak with ¼ teaspoon salt; set aside for 30 minutes or refrigerate for up to 1 day.

2. Bring water to a boil in a small saucepan. Add rice, reduce heat to low, cover and cook until the water is just absorbed, about 30 minutes for forbidden rice or 40 minutes for brown rice. Stir in 1 tablespoon oil and ¼ teaspoon salt and spread the rice on a baking sheet to cool.

3. Meanwhile, separate shallot slices into rings. Heat 3 tablespoons oil in a medium skillet over medium heat. Add shallots and cook, stirring often, until browned and crispy, 6 to 8 minutes. Using a slotted spoon, transfer the shallots to a plate; set aside.

4. Add mushrooms and ⅛ teaspoon salt to the pan; cook, stirring occasionally, until browned, about 5 minutes. Add scallions and cook, stirring, until tender, about 1 minute. Transfer to a large bowl.

5. Add the remaining 1 tablespoon oil to the pan. Cook the steak, turning once and adjusting the heat as necessary, until browned and an instant-read thermometer inserted in the thickest part registers 135°F, 3 to 4 minutes per side. Transfer to a clean cutting board and let rest for 10 minutes. Cut into cubes.

6. Transfer the rice to the bowl with the vegetables and add avocado, kimchi (or sauerkraut) and the steak; gently mix to combine. Divide among 4 shallow bowls. Add greens to the large bowl and toss with lemon juice and the remaining ⅛ teaspoon salt. Top the rice mixture with the greens, the reserved shallots and sunflower seeds. Drizzle with more oil, if desired.

SERVES 4: 2 cups each

Cal 495 **Fat** 32g (sat 5g) **Chol** 37mg **Carbs** 36g **Total sugars** 4g (added 0g) **Protein** 20g **Fiber** 10g **Sodium** 582mg **Potassium** 929mg.

BLAINE MOATS, STYLING: GREG LUNA (FOOD); SUE MITCHELL (PROPS). INSET: ALANNA HALE

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Use 3 cups thinly sliced celery and carrots in place of the cabbage and radishes.

ROLL IT UP

Instead of serving the tempeh and vegetables over rice, roll them up in softened spring roll wrappers.

TRADE PROTEINS

Replace the tempeh with 1 lb. boneless, skinless chicken breast, sliced into ½-inch strips.

Korean BBQ Tempeh Grain Bowl

ACTIVE: 20 min **TOTAL:** 35 min

If you're a tempeh skeptic, you've probably never had the firm soy-based slabs slathered with a sweet-and-spicy barbecue sauce. We give the combo a punch of umami with tamari and add a little heat courtesy of gochujang.

- **½ cup water, divided**
- **5 tablespoons rice vinegar, divided**
- **4 tablespoons reduced-sodium tamari, divided**
- **4 tablespoons light brown sugar, divided**
- **2 cups thinly sliced napa cabbage**
- **1 cup thinly sliced radishes**
- **1 tablespoon gochujang**
- **3 cloves garlic, minced**
- **1 teaspoon grated peeled fresh ginger**
- **1 tablespoon cornstarch**
- **8 ounces tempeh, cut crosswise into 16 pieces**
- **2 cups cooked brown rice**
- **¼ cup fresh cilantro**

1. Preheat oven to 425°F. Set a wire rack on a rimmed baking sheet and coat with cooking spray.

2. Whisk ¼ cup water, 4 tablespoons vinegar and 1 tablespoon each tamari and brown sugar in a medium bowl. Add cabbage and radishes and toss to combine. Set aside, tossing occasionally.

3. Meanwhile, combine the remaining 1 tablespoon vinegar, 3 tablespoons each tamari and brown sugar, gochujang, garlic and ginger in a small saucepan. Bring to a simmer over medium-high heat. Cook, stirring occasionally, for 2 minutes. Whisk the remaining ¼ cup water and cornstarch in a small bowl. Slowly add the cornstarch mixture to the sauce, whisking constantly. Cook until thickened, about 1 minute.

4. Pour half the sauce into a medium bowl and add tempeh; gently toss to coat. Transfer the tempeh to the prepared rack. Bake until the sauce is tacky, about 15 minutes. Return the tempeh to the bowl and add the remaining sauce. Gently toss to coat.

5. Divide rice among 4 bowls. Transfer the pickled vegetables to the bowls using a slotted spoon; drizzle with the liquid, if desired. Top with the tempeh and sprinkle with cilantro.

SERVES 4: 1¾ cups each

Cal 333 **Fat** 7g (sat 2g) **Chol** 0mg **Carbs** 52g **Total sugars** 15g (added 14g) **Protein** 17g **Fiber** 3g **Sodium** 817mg **Potassium** 507mg.

ILLUSTRATIONS BY KATIE LUKES. RECIPE BY ADAM DOLGE

Blue Cheese & Mushroom Sheet-Pan Pizza

ACTIVE: 40 min **TOTAL:** 40 min

This technique produces pizza that looks and tastes like it was made in a wood-fired oven. The trick is partially cooking the crust before topping it, then cranking up the broiler to get a golden brown and crispy crust.

- All-purpose flour for dusting
- 1 pound whole-wheat pizza dough, at room temperature
- 3 tablespoons extra-virgin oil, divided
- 12 ounces mixed mushrooms, such as oyster, maitake *and/or* shiitake, sliced (about 8 cups)
- ½ cup chopped spring onions *or* scallions
- 3 tablespoons chopped fresh sage
- 4 cloves garlic, sliced
- 2 teaspoons Italian seasoning
- ¼ teaspoon salt
- ¼ teaspoon crushed red pepper
- ½ cup crumbled blue cheese
- ¼ cup pine nuts, toasted

1. Position racks in upper and lower thirds of oven. Place a large cast-iron skillet on the top rack; preheat to 450°F.

2. Lightly dust a large rimmed baking sheet with flour. Stretch dough to fit the entire pan and brush with 1 tablespoon oil. Bake the dough on the lower rack until the bottom is slightly browned, about 10 minutes.

3. Meanwhile, carefully remove the skillet from the oven and add 1 tablespoon oil, mushrooms and onions (or scallions); stir to combine. Return to the top rack and roast until the mushrooms are slightly browned and tender, 15 to 20 minutes.

4. When both pans are out of the oven, set the broiler to high. Stir the remaining 1 tablespoon oil, sage, garlic, Italian seasoning, salt and crushed red pepper in a small bowl. Spread the seasoned oil over the crust and top with the mushroom mixture and cheese. Place the pizza on the top rack and broil until the cheese starts to brown, 2 to 3 minutes. Sprinkle the pizza with pine nuts. Let stand at room temperature for 5 minutes. Cut into 10 pieces and serve warm.

SERVES 5: 2 slices each

Cal 383 **Fat** 22g (sat 4g) **Chol** 10mg **Carbs** 41g **Total sugars** 3g (added 0g) **Protein** 12g **Fiber** 3g **Sodium** 516mg **Potassium** 439mg.

RECIPE BY ADAM DOLGE

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Insta-Garden

When your grand vision of a garden bursting with vegetables gets squashed by the reality that you don't have time to plan, plant and weed it all, this invention has you covered.

By Lucy M. Clark • Photographs by Helen Norman

Ready to (Un)Roll

In the summer of 2012, Cam MacKugler agreed to housesit for a co-worker in exchange for as many vegetables as he could harvest from the property's massive backyard garden. At the time, MacKugler was working as an architect in Middlebury, Vermont, and had zero gardening experience—but found that he loved picking his dinner every night. One evening, as he was marveling at the ordered rows of produce, MacKugler wondered: "Could I design the perfect garden? Something that a first-time gardener could simply roll out and be successful?" This kernel of an idea sprouted into a new invention, called Seedsheet: a customizable swath of weed-blocking fabric that's strategically embedded with seed pouches. Unfurl it onto prepped soil and stake it down. Done. Garden, planted! The most innovative part is that you can choose what you want to grow from more than 80 organic herbs, veggies and flowers, including sweet basil, dinosaur kale, SunGold tomatoes and unusual produce, such as cucamelons and wasabi arugula. "I also really like Buzz Buttons, an edible flower that are kind of like nature's Pop Rocks," says MacKugler. "When you eat them you get this buzzing sensation in your mouth."

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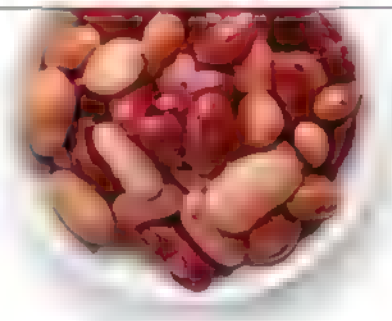

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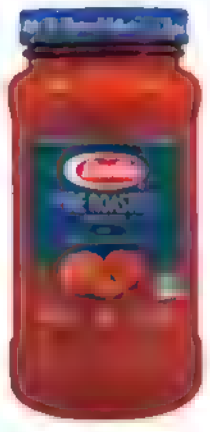

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David *(right)* and his husband, Neil Patrick Harris, love taking their kids, Gideon and Harper, to farmers' markets in New York City, where they live.

8 Questions for David Burtka

The actor, chef and author of the cookbook *Life Is a Party* talks about cooking with his kids, the cauliflower trend and his *very* strong feelings about the ideal cheeseburger. **By Lucy M. Clark**

1 Finish this sentence: To me, cooking is... Life! All of my favorite memories with my kids have been cooking and eating and going to nice restaurants and things, so I feel like it's really just defined my world.

2 Do your kids love food as much as you do? They have such an appreciation for food. Just last week, my son wanted to know how to make a baguette, so I taught him! I also like to go around the world with them: We get the map out and I'll cook Thai food, or a chimichurri steak and we "go" to Argentina. Along with music from the country, it's a nice geography lesson.

3 If you could have dinner with anyone, who would it be? My husband [Neil Patrick Harris]. Because he's really fun. And funny. And handsome.

4 What is always in your fridge? A salad bar. I keep different homemade dressings: a mustard-lemon vinaigrette; I do a ramp ranch (since I pickle my own ramps and the kids really like them); and maybe a balsamic, Caesar or a carrot-ginger. I have a bunch of chopped-up vegetables—carrots, celery, sometimes radishes, cauliflower or scallions. And I usually keep a rotisserie chicken shredded for protein.

5 Go-to burger? I am very opinionated on burgers. *Very* opinionated! I always use Pat LaFrieda Meat—I mean, they supply all of the Shake Shacks. I season it heavily with salt and pepper and put it on a hot griddle or a cast-iron pan. (Never on a grill. No way! Never!) I flip it over so it's got a nice crust. Then just before I'm done, I take a slice of American cheese, not Cheddar (Kraft Singles are delicious!), and put a little water in the pan and cover it, so it steams and the cheese melts nicely. I get a simple potato bun, lettuce, tomato, ketchup, mayonnaise—super simple and classic.

6 What does healthy mean to you? It's all a balance. I've never been one to starve myself of stuff that's really great. I've never been into doing fat-free or a *diet* diet. I do intermittent fasting. That feels healthy for me because it regulates what I eat during the day and I'm not as hungry. I walk the line: It's good to eat healthy one day and then if you want to have a piece of pizza—or a couple—it's fine. As long as you work out, take care of yourself and drink water, then you're gonna be all right.

7 Are there environmental issues that speak to you? I am such a fan of supporting local farmers and knowing where your food is coming from. You can taste the nutrients when you put the salad in your mouth and the greens were just picked.

8 What's one food trend you can't understand the hype for? I don't get cauliflower *everything*. I love cauliflower in the oven, with olive oil, salt, pepper, some thyme and roasted so it's nice and caramelized. But I don't get the cauliflower crusts and putting cauliflower in your smoothie—it's cauliflower coming out of everywhere! I guess cauliflower rice is a nice alternative every once in a while ... I don't know. But I mean, let's just eat cauliflower the way it was intended to be eaten. I'm more of a purist when it comes to things. I'll eat it raw. My kids eat it raw. They love it!

ANNIE TRITT/THE NEW YORK TIMES/REDUX

Whither Merlot?

Climate change is threatening vineyards across the globe. But a little-known French archive may hold the key to safeguarding the wines of tomorrow.
By Emily Dilling

Situated in the sandy soil between the Montpellier countryside and the Mediterranean Sea, a unique vineyard enjoys a privileged view. But instead of tours and tasting rooms, the Centre de Ressources Biologiques de la Vigne (CRB-Vigne) de Vassal-Montpellier is a research branch of the Montpellier SupAgro (the local agricultural university), aimed at protecting biodiversity in winemaking. Currently, just 20 grape varieties represent 87% of the vineyard crops in France. But CRB-Vigne grows a breathtaking collection of 8,100 grapevines, representing more than 4,000 species. And the solutions for growers struggling to adapt to the challenges of climate change could be hidden among these unique vines.

Environmental shifts are becoming increasingly apparent in French vineyards (and those around the world, for that matter). Scorching summer temperatures burn grape leaves, destroying the plant's armor against pests and diseases, and result in grapes that are high in alcohol but low in flavor complexity. Extreme weather can also mean spring frosts that attack budding grapevines and freeze flowers before they can bear fruit. And drought years (like 2019, when the French government declared a water crisis for more than a third of the country) produce smaller grapes with meager juice output and a high acid content, which yield sour and bitter wines.

CRB-Vigne has been troubleshooting problems for growers since 1876, when—in the face of an outbreak of the insect phylloxera that ultimately wiped out half the vineyards in France—scientists established the center to find a remedy and safeguard against future afflictions. It imported phylloxera-resistant rootstock from North America and grafted it to native grapevines, creating plants immune to the insects' threat.

The center also became a vault for grape varietals, in case of another plague on French wine, creating a treasure trove that is proving valuable today for a different reason: Many virtually forgotten grapes preserved by CRB-Vigne may be more fit for our warming planet. Take Magdeleine noire de Charentes: When locals discovered this grape in Brittany in 1996, they had no idea what it was. Experts at CRB-Vigne identified it as an ancestor of merlot and malbec. This specimen ripens early, so it can be picked before the onset of sweltering summer heat or extensive exposure to drought. Other heirlooms that were abandoned because of their low acidity and alcohol content now have attractive qualities for the modern winemaker. "At first, growers were interested in reclaiming a lost heritage and finding a niche in the market using lesser-known varietals," says Jean-Michel Boursiquot, a professor of vine science. "But for about 10 years, they have been choosing varietals that are better suited to our changing climate."

Winemaking has always been a balance of agriculture aided by alchemy. Now, more than ever, vintners need science to guarantee the survival of their craft. The CRB-Vigne's *raison d'être* may be what allows us to keep raising a glass.

What other foods are at risk from warming temps? Find out at eatingwell.com/climatechange

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Does Your Dog Need More Fiber?

What you need to know about feeding *ruff*-age to your four-legged friend. By Cailin Heinze, D.V.M., M.S., D.A.C.V.N., *petfoodology.org*

Believe it or not, fiber is among the trickiest pet nutrition questions out there (more on that in a moment). We know it's an important nutrient for your dog's health, just as it is for humans. The most common reason to consider adding more fiber to your dog's diet is if he frequently has irregular stools (either too hard or too soft). Fiber can nourish important gut bacteria, draw water into the stool, help hold water that is already there and speed up or slow down digestion. Your veterinarian may also recommend extra fiber if your pet has diabetes, high cholesterol or triglycerides, anal gland problems, low energy or weight issues.

But knowing how *much* your dog needs—or even how much he's currently getting—can be difficult. Pet foods vary dramatically in their fiber content, which can explain why some dogs do great on one food but not as well on another. Brands are required to list their products' "crude fiber" content on the "guaranteed analysis" label (the pet-food equivalent of the Nutrition Facts panel). However, this number only represents the amount of insoluble fiber (aka roughage, like wheat bran) but not soluble fiber. (In pet food, common sources of soluble fiber include chicory root and Jerusalem artichoke.)

If you think your pet might benefit from more fiber—and your vet agrees—you have some options. First, you can switch to a higher-fiber pet food. For the most accurate fiber count, buy a therapeutic diet, sold through your veterinarian, since these products are tested for their total dietary fiber, not just their crude fiber.

You can also add fiber to your pet's current food. Common supplements include psyllium seed husk, wheat bran, cellulose and inulin, all of which are available commercially for humans. Based on factors like health goals and size, your vet can determine which kind and how much of this added fiber you should sprinkle on kibble or wet food. You can also top meals with high-fiber vegetables, such as canned pumpkin puree or green beans. However, it's tough to make sure your dog is getting a consistent dose, since different veggies have different amounts and types of fiber. And their fiber content is relatively low compared to a supplement, so your pet may not be able to get enough from food alone.

Whichever route you take, your vet will likely suggest starting with a small amount of extra fiber and increasing the dose until you notice a difference in your dog's bowel movements or see no change and can rule out lack of fiber as the cause.

WOOF!
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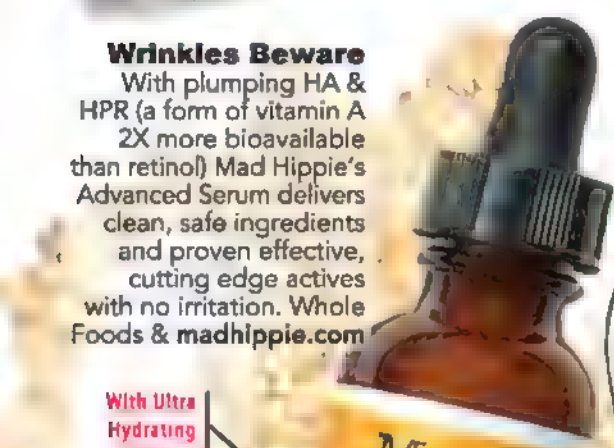

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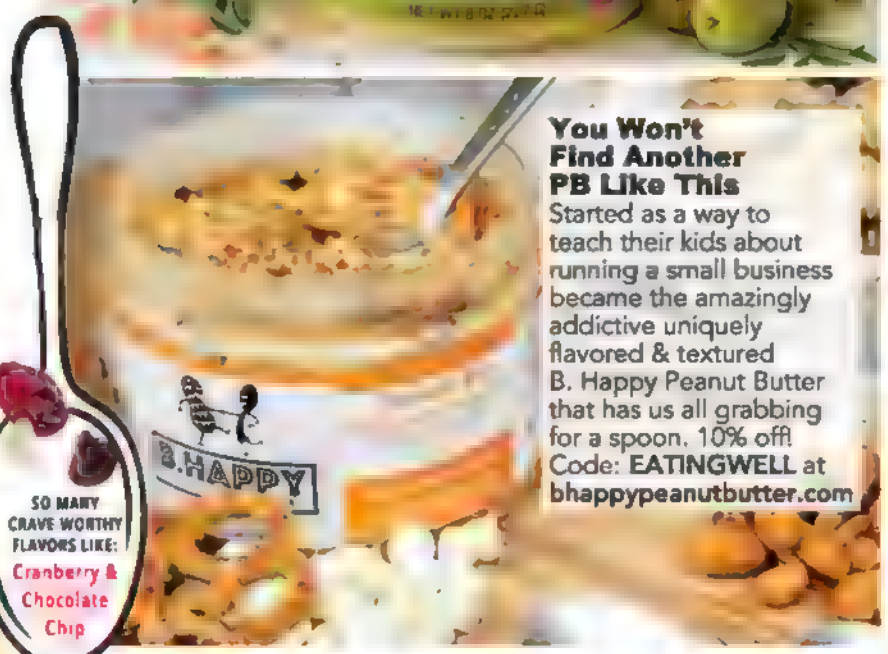

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HEALTHY MANE

Get recipes for DIY olive oil hair masks at eatingwell.com/hairmasks

Olive the Good Stuff

As plump and enticing as it looks, an olive plucked and eaten right off the tree is appallingly bitter. But the flesh is rich in healthy oils, which may explain why we bothered with the fruit after that first astringent bite.

Indeed, people in the eastern Mediterranean region—where olives are a cultural icon—have been reaping their oil for 6,000 years. In Greece, it's traditional to plant an olive tree when a baby is born. Early Olympic torches burned bright on olive oil. And olive oil is a cornerstone of the much-ballyhooed Mediterranean diet (see what all the ballyhoo is about on page 4 of our special section).

Decades of research has borne out notable health perks of olive oil. Its main fatty acid—a monounsaturated fat called oleic acid—and the polyphenols it contains have been shown to reduce inflammation and lower heart disease risk and may have cancer-fighting properties. (Extracts from olive leaves have been shown to have similar effects and are sold as supplements.)

And can we talk beauty benefits? Used straight out of the bottle, olive oil can pull duty as a makeup remover, shine-imparting hair smoother and skin moisturizer. Not quite ready to slather yourself in EVOO? You can still go full-on Greek goddess by trying one of these products, which all include olive oil as a star ingredient.

1 SkinCeuticals Phyto Corrective Gel
This featherweight moisturizer contains olive leaf extract, along with cucumber and thyme, to replenish and soothe parched skin. It's also formulated to calm redness and even out skin tone. ($67; *SkinCeuticals.com*)

2 Garnier Whole Blends Legendary Olive Replenishing Shampoo
Dry hair gets a boost from virgin olive oil and olive leaf extract that's sustainably sourced in Italy. The silicone-free suds soften hair, without any heavy feel at all. ($4.50; *GarnierUSA.com*)

3 Lush Olive Tree Soap
Get your Mediterranean fix with a chunk of this handmade, creamy bar. The mix of olive oil and blended green olives yields a satiny lather. Plus, it smells divine. (It sat on our beauty editor's desk for a week and she couldn't stop inhaling it.) ($16; *LushUSA.com*)

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MAKE BREAKFAST HAPPEN SO KIDS CAN BE HUNGRY FOR MORE

Photo By: Peggy Sirota

I was one of our nation's hungry kids growing up. Today, 1 in 6 children in America struggle with hunger. But when they get breakfast, their days are bigger and brighter. Learning, attention, memory and mood improve. Together, we have the power to get breakfast to kids in your neighborhood — let's make it happen. Go to hungeris.org and lend your time or your voice.

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Reduce, Reuse, Reimagine

Whether it's remembering the grocery totes or ditching straws, consumers are taking steps to stem the tide of single-use plastics. Now food companies are innovating to do their part too. **By Kimberly Lord Stewart**

Scot Case feels like he's part of a movement when the grocery tote from Loop arrives at his Pennsylvania home. Instead of a collection of plastic bottles, bags, tubs and jugs, he gets brand-name foods (plus household goods and personal-care products) all in refillable containers. His wasabi peas don't come in a plastic bag and the Häagen-Dazs ice cream is in an insulated, stainless-steel carton instead of plastic-lined cardboard. "My teenagers show the pints to their friends," Case says. "That's how I know something exciting is happening here." (He even takes guests to his bathroom to show off the refillable glass-and-metal soap dispenser—much to his wife's horror.)

JJ W NN/GETTY IMAGES

Packaging Without Plastic

Beyond the cool factor, this service underscores the pressing issue of single-use plastic: In the U.S., 14.5 million tons of plastics are generated per year. Of that, 1.9 million tons are recycled and 10 million tons end up in landfills, reports the EPA.

One revolutionary aspect of Loop *(loopstore.com)* is that it puts the onus on manufacturers to change the way food is packaged (as opposed to asking consumers to, say, BYO jars for the bulk bin). Still in its infancy, it offers 130 products with packaging that can be returned to Loop and reused up to 100 times—with 100 more items in the pipeline. Brands include Hidden Valley, Nature's Path and Cascade. It's available in nine states, plus D.C.—with plans to expand to the West Coast in 2020—as well as some international cities.

As for the carbon footprint of shipping? The EPA estimates that, compared to driving yourself to the store, a grocery delivery service that hits multiple households in a neighborhood can reduce emissions by up to 50%, so the benefit for the planet may only increase as this service scales up. It's worth noting that innovation comes with a cost: each product has a refundable deposit and prices can be up to 20% more than brick-and-mortar retail. But for customers like Case, the price tag is a worthwhile investment in finding new, sustainable solutions.

DE-PLASTIC

Find out how to do more to fight plastic waste at home at eatingwell.com/plastic

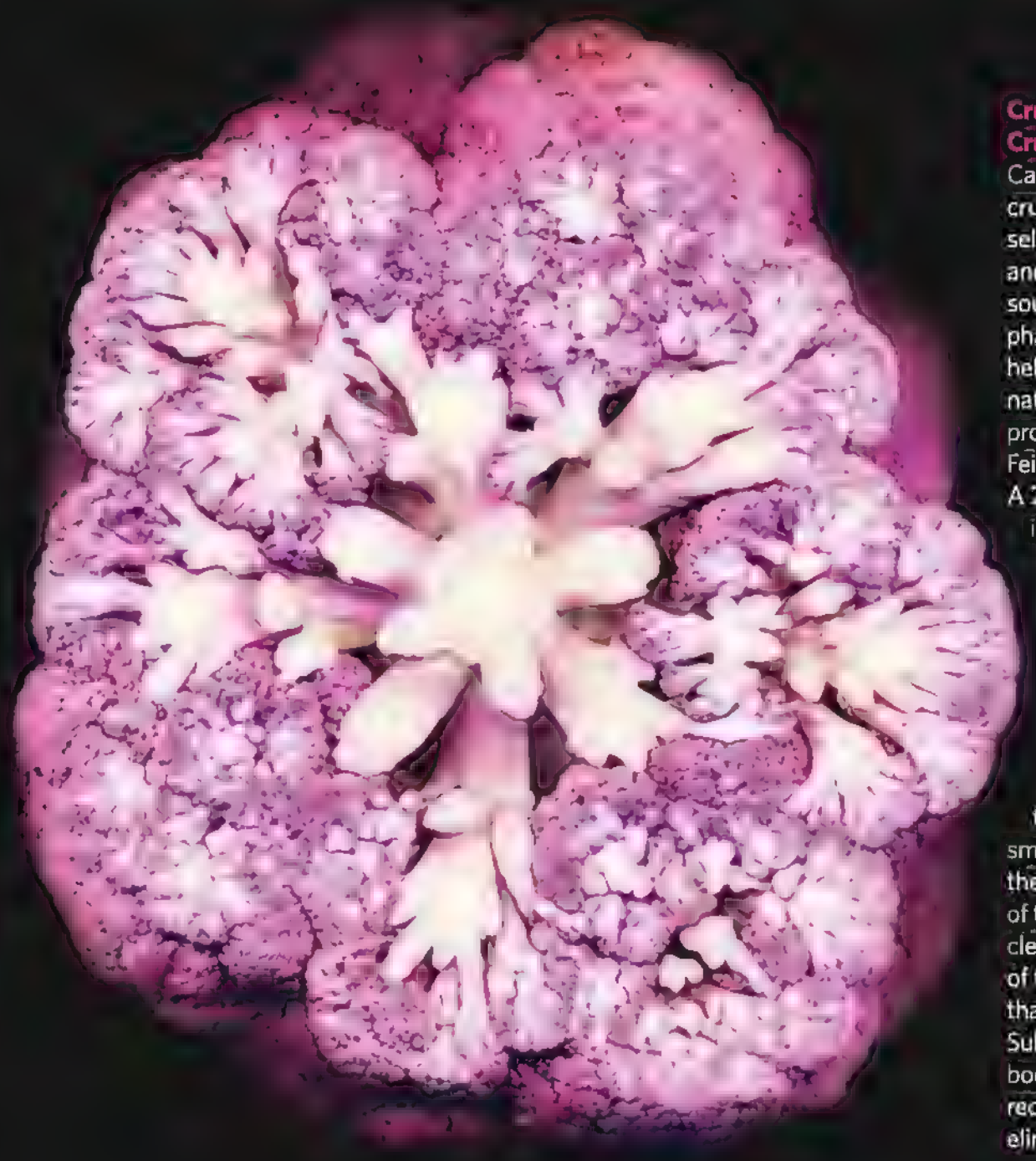
The Future Is "Plantics"

The Loop model leans on an obvious solution to the problem: stop using plastic. But we still need *packaging*: "It keeps food safe for consumption and maintains its quality," explains Susan Selke, Ph.D., director of the School of Packaging at Michigan State University. So rather than asking, "How can we get rid of plastic," it may be better to ask, "What if plastic wasn't *plastic*?" Hemp, for example, is quickly rising as an alternative for food packaging like cling wrap and takeout containers. Kevin Tubbs, co-founder of Hemp Plastic Company, in Boulder, Colorado, calls the material "plantics." Not only is hemp renewable—unlike the petroleum that standard plastic is made from—it also has a lighter carbon footprint. Other upsides of plantics haven't been fully realized. They're technically biodegradable, but some will only break down at an industrial composter. Since this infrastructure is not widespread (yet!), Selke suggests taking greater interest in local waste management efforts to push for change.

Revamping Recycling

No story on plastic would be complete without recycling—a multifaceted system that isn't without its flaws. Recycling has traditionally been the burden of municipalities and individuals with their blue bins, but companies are now coming to the table. Coca-Cola, Pepsi, Nestlé and Unilever have been working with 30 European countries and Canada to improve plastics recovery and find new markets for recycled materials. There's legislation proposed in the U.S. to do something similar. And Coca-Cola is engaging with local communities around the world to collect and recycle a one-for-one equivalent volume of all the bottles, caps and cans it makes.

"Our society will probably never completely get rid of single-use items," says Darby Hoover, senior resource specialist at the Natural Resources Defense Council, "but I am encouraged that there is a lot of awareness on this issue. We need to rethink our disposable economy." The good news: some of the ideas to do so are already here.



Better Than Any Cleanse

Instead of trying to live on juice to detox (not a science-backed strategy), turn to your body's natural filter: the liver.

By Leslie Goldman

Your liver is responsible for clearing out all manner of substances, such as alcohol, pesticides and medications. It suffers when you overimbibe, but it can also face other stressors, namely obesity, type 2 diabetes and high cholesterol. (In fact, as many as 40% of U.S. adults have non-alcoholic fatty liver disease, NAFLD, which is when the liver accumulates fat for reasons other than chronic drinking.) This organ does a lot for you. Repay the favor with these fixes.

TOXIC DETOX?
Those trendy wellness cleanses—are they even safe? Find out at eatingwell.com/detox

Crunch Some Cruciferous Veg

Cauliflower and other crucifers—such as Brussels sprouts, cabbage and broccoli—are potent sources of sulforaphanes, antioxidants that help turn on your liver's natural detoxification processes, says Marla Feingold, M.S., C.N.S. A 2019 study published in the *American Journal of Clinical Nutrition* looked at broccoli consumption and its impact on levels of air pollution chemicals in the bodies of adults in China (a country notorious for its smog). Those who got the equivalent of a cup of this veg for 10 days cleared out 63% more of the pollutant benzene than those who didn't. Sulforaphane appears to boost levels of enzymes required for the liver to eliminate contaminants.

Play the Grain Game

Regularly swapping whole grains for refined ones is generally good nutrition advice—but it may also improve liver health, according to a 2019 *Journal of Nutrition* study. The researchers had overweight adults eat five servings a day of whole grains or refined grains for three months and found that the whole-grain group had liver enzyme profiles similar to those of healthy young, lean people. The livers of the refined-grain eaters showed the opposite effect. Whole grains' naturally occurring phytochemicals appear to help the body clear out harmful liver fat.

Enjoy Some Joe

Too much fat in your liver drives inflammation, which can impact liver function and pave the way for serious diseases. Enter: your a.m. java. "Coffee's polyphenols appear to have both anti-inflammatory and antioxidant effects that help reduce liver fat and inflammation," says Tracey Simon, M.D., M.P.H., an instructor of medicine at Harvard Medical School and a liver specialist at Massachusetts General Hospital. And a review published in *Clinical Nutrition* found that drinking 3 cups (around 6 oz. each) of coffee a day may reduce NAFLD risk. Too much caffeine for you? Decaf appears to have a similar benefit, says Ryan Heath, M.D., a clinical gastroenterologist.

Move It Along

The liver isn't a muscle, but exercise is still good for it. Physical activity helps reduce inflammation and liver fat. Plus: "Exercise improves the way your body handles insulin and blood sugar," says Simon, important since elevated blood sugar can damage your liver. In a 26-year study of 117,000 previously healthy adults, Simon and her team found that regular exercisers (any type of activity!) were 60% less likely than couch potatoes to have died from liver disease over the course of the study. Even three hours of a leisurely walking each week may do it.

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Truth Meter: The Dairy Edition

Confused by the hearsay surrounding milk, yogurt and cheese? We've got your answers. **By Julia Westbrook**

Milk Douses the Flames of Spicy Peppers

In a recent study, chasing spicy tomato juice with a swig of milk eased the burn better than other beverages. Peppers get their heat from capsaicin, and you feel the fire when this compound binds to taste receptors on your tongue. It doesn't readily dissolve in water, but does respond to milk's casein, a protein that lifts the capsaicin off of your tongue, bringing relief.

SOURCES. *PHYSIOLOGY & BEHAVIOR*; ACS

Dairy Causes Pimples

Research has found that people who drink more milk (especially skim milk) tend to have more acne—with a few key caveats. First, this type of study design can't prove the dairy *caused* the breakouts. And this association only holds true for moderate to severe acne, not occasional blemishes.

SOURCE *JOURNAL OF THE EUROPEAN ACADEMY OF DERMATOLOGY AND VENEREOLOGY*

Cheese Makes You Constipated

Eating more than 30 grams of saturated fat a day is linked with being backed up (and cheese is high in this type of fat: 1 ounce typically has 5 grams of saturated fat). But the problem isn't unique to cheese—*any* fatty food can have this effect.

SOURCE *NEUROGASTROENTEROLOGY & MOTILITY*

Probiotics Cure Lactose Intolerance

If your body doesn't make enough of the enzyme that breaks down lactose, the dairy sugar winds up in the colon undigested. There, it feeds bacteria that create gas, causing GI distress. Probiotics can't make your body generate more enzymes, but they may lessen symptoms. Still, not all strains help, not everyone sees a benefit and issues may return if you stop taking them.

SOURCE *CRITICAL REVIEWS IN FOOD SCIENCE AND NUTRITION*

Organic Milk Has Way More Omega-3s

Yes, organic milk averages 62% more omega-3s than conventional. The catch: milk isn't a good source of these healthy fats to begin with. Recommended daily amounts are 1,100 mg (for women) and 1,600 mg (for men). But while a glass of conventional whole milk supplies about 50 mg, organic has 80—not much more. Cartons that tout significantly more are typically fortified.

SOURCE *PLOS ONE*

MORE HEARSAY

Does dairy cause inflammation? Find out at eatingwell.com/dairy

SAM CHRYSANTHOU/ALL CANADA OFFSET

Rethinking MSG

This long-maligned ingredient may not need to be on everyone's "avoid" list after all. **By Karen Asp**

HEADACHE MYTHS DEBUNKED

Find out what actually works to ease the pain at eatingwell.com/headaches

Monosodium glutamate (MSG) has occupied a special place in health infamy for decades. Even now, 6 in 10 millennials in the U.S. avoid it, according to a 2019 survey. But a growing body of research shows that this ingredient is generally harmless—and may even have some upsides.

MSG is a combo of sodium and an amino acid called glutamate (the target of much of the ire). It gives dishes a pop of umami. Savory foods like mushrooms, walnuts, Parmesan cheese and tomatoes also naturally contain glutamate—and your body can't tell the difference between natural and man-made glutamate.

So if mushrooms and walnuts don't gives eaters the willies, what gives? Concerns started in the U.S. in the 1960s after a doctor wrote a paper describing symptoms from eating Chinese food, including feeling flushed, numb and feverish. He dubbed it "Chinese Restaurant Syndrome." He cited many potential culprits, like high fat and sodium content—but only MSG stuck as the alleged cause. Soon, others began reporting similar problems with Chinese food, adding headaches to the list. (MSG is in more than just Chinese food. It's also common in packaged food under other names, such as hydrolyzed vegetable protein or autolyzed yeast.)

Those anecdotal accounts, however, have largely been discredited by research, much of which has focused on headaches. A review in the *Journal of Headache and Pain* that looked at 13 studies found there was no increase in headaches when participants ingested MSG with food. In studies where MSG was taken without food, four out of seven showed an increase in risk, but nobody eats straight MSG. Also, these studies used unrealistically high doses—we're talking over 3,000 mg. The average American gets an estimated 550 mg of MSG a day. (This review was conducted with MSG industry funding—not a reason to throw out the study, but it does mean we approach it with extra scrutiny.)

Research presented at a meeting of the American Headache Society also failed to find a consistent link. In a survey, nearly half of migraine sufferers identified MSG as a trigger. However, when the researchers collected data on how much MSG they actually ate, only 4% saw their migraine risk track with their MSG intake. By 2018, the International Headache Society had removed MSG as a headache trigger, citing a lack of evidence.

As for the other symptoms, a review in the *Journal of Nutrition* found that, in people who believe they are sensitive to MSG, extremely large doses of the ingredient ingested without food only *sometimes* triggered symptoms.

With many of the concerns alleviated, some people are going in the opposite direction and using MSG at home. (It's sold at well-stocked grocery stores, Asian markets and online.) "MSG has two-thirds less sodium than table salt, so it can provide the extra flavor you want in your food and still keep your overall sodium intake down," says Nancy Farrell Allen, M.S., R.D.N., spokesperson for the Academy of Nutrition and Dietetics. Granted, most of our sodium intake comes from restaurant meals and packaged foods, not the saltshaker, but it's a strategy worth considering.

BOTTOM LINE: There's no hard evidence that MSG causes symptoms like migraines, though if you think it does affect you, skip it—headache triggers can vary widely. But if MSG helps you reduce sodium intake and makes your less-than-favorite veggies more delicious, those are wins in our book.

ANNA PETROW/OFFSET

Scour Power

It's spring! The birds are chirping, the flowers are blooming and the grout in your kitchen isn't going to clean itself. Toni Hammersley, the cleaning pro behind the blog A Bowl Full of Lemons, shares her tips for showing some love to the parts of your favorite room that you don't scrub on the regular. **By Lucy M. Clark**

1 De-Gunk the Dishwasher

Clear out any food from the dishwasher drain. (Sometimes it's hidden below the spray arm.) If there's a removable screen around the drain, take that out too and give it a rinse. Put the filter back in and run your machine with a dishwasher cleaner. You can buy one in pod or liquid form.

2 Deep-Clean Your Microwave

Spray the interior with an all-purpose kitchen cleaner and wipe it down. Next, squeeze half a lemon into a microwave-safe bowl. Add 1 cup water and drop the lemon half into the bowl as well. Microwave on High for 3 to 5 minutes. When the time is up, leave the door shut for 5 minutes to allow the steam to loosen any remaining grime. Take out the hot bowl and wipe the interior once more with a clean cloth, dipped in the lemon water.

3 Get Grime Out of Your Grout

Just sponging it down won't work here. Be sure to grab a toothbrush or a grout brush and be prepared to use some elbow grease. Apply grout cleanser and let sit for as long as the directions recommend (don't skip this part!). Then get in there.

4 Flush Your Garbage Disposal

Twice a year, clean the blades by dumping a tray-full of ice cubes in the disposal along with a cup of rock salt. Run cold water for a few minutes to harden up any grease or food inside. Then turn the disposal on. "And anytime you cook with lemons or oranges, throw the remnants in your disposal to freshen it," says Hammersley.

5 Make Your Oven Shine

If you're not into using your oven's self-cleaning cycle (it does scare some people), Hammersley offers this method. First, remove oven racks and scrub them clean. Then, combine 1 cup baking soda and 6 Tbsp. water in a bowl. Cover the interior of the oven with the paste and let it sit for several hours before scrubbing it off with a damp sponge. Then clean the vent hood: Wipe down the surface and remove the grease filters. Run them through your dishwasher—without any dishes—on a light cycle or give them a hot soapy soak, then clean gently by hand.

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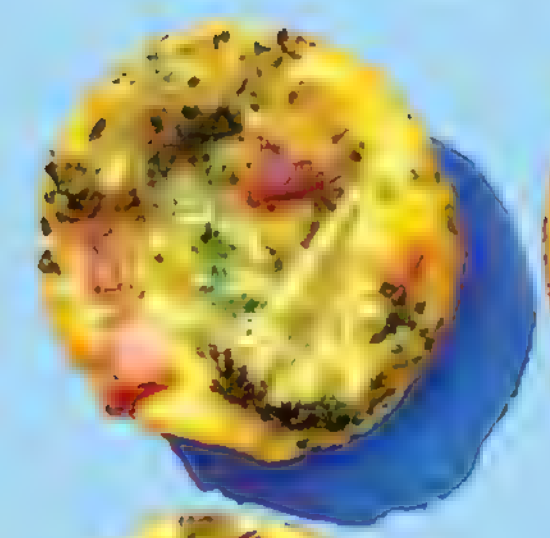
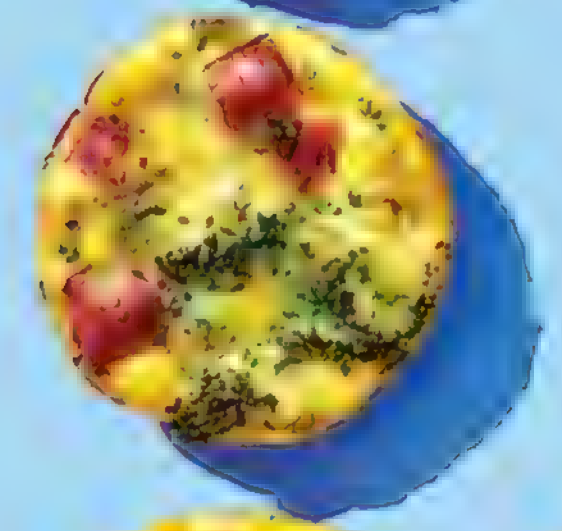


Broccoli
Chopped Ham
Cheddar Cheese
Chives

Onions
Breakfast Sausage
Gruyère Cheese
Parsley



Red Bell Pepper
Black Beans
Jack Cheese
Salsa

Roasted Red Peppers
Veggie Sausage
Mozzarella Cheese
Sun-Dried Tomatoes

Well Hello, Grab-'n'-Go

Eggs pack filling protein, but they also help keep your eyes healthy with two antioxidants, lutein and zeaxanthin. Turn to learn how to get your fill on a weekday morning without having to fire up the stove.

PHOTOGRAPHY BY TED & CHELSEA CAVANAUGH

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Muffin-Pan Egg Bites

With a little help from your trusty muffin tin, you can meal-prep Monday through Friday's breakfasts to stash in the fridge or freezer.
By Adam Dolge

Check out **our favorite filling combos** on the previous page.

To make them:

1. Prepare the base by whisking 8 large eggs with ½ cup reduced-fat milk and ¼ tsp. each salt and pepper.

2. Generously coat a 12-cup muffin pan with cooking spray. Divide ¾ cup each chopped vegetables and protein (like cooked meat, tofu or beans), 6 Tbsp. cheese and a small sprinkling of seasoning (such as herbs, salsa or even sun-dried tomatoes) among the muffin cups. Top with the egg mixture. Bake at 325°F until set and lightly browned, 20 to 25 minutes.

3. Cool completely and refrigerate airtight for up to 3 days or freeze for up to 1 month. **To reheat:** Wrap 2 bites in a paper towel and microwave on High for 30 to 60 seconds.

For more flavor combination ideas, hover your phone's camera over this smart code.

STYLING (PAGES 67, 68) NORA SINGLEY (FOOD), AJA MALIA COON (PROPS)

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Getting Choosy at Chipotle

When you want something fresh and fast, this chain is a top contender. Chipotle's menu offers lots of personalization (including options to add extra or go light), and with the handy nutrition calculator on its website, there are no calorie surprises. Here's what we're ordering.
By Joyce Hendley

TACO TIME
Two crispy corn tacos with pinto beans, guacamole, fajita vegetables, lettuce and light on the sour cream
426 cal, 10 g protein, 43 g carb, 13 g fiber, 497 mg sodium
A crunchy shell compliments the creamy guac-and-bean filling while shaving off more than 300 milligrams of sodium and 30 calories compared to soft tacos. Zesty fajita veggies add color and flavor.

SIZZLIN' SALAD
Salad with chicken, black beans, light on the roasted chili-corn salsa and cheese, with chipotle honey vinaigrette
640 cal, 47 g protein, 52 g carb, 12 g fiber, 1,650 mg sodium
Starting with a bed of greens fills your plate with vegetables. The flavorful corn salsa adds a pop of color and various textures to this satisfying salad.

A BETTER BOWL
Burrito bowl with steak, pinto beans, lettuce, tomatillo green chili salsa and light on the cilantro-lime brown rice
405 cal, 31 g protein, 45 g carb, 11 g fiber, 895 mg sodium
Steak is one of the lower-cal meats on the menu. Pair it with fiber-rich brown rice (a smaller helping is still plenty) and beans, and give it a kick of heat with salsa.

Smart Picks Cheat Sheet

Say "Yes please!"
Fajita Vegetables *(20 cal)* Sautéed onions and peppers add savoriness to everything—and a gram of fiber too.

Guacamole *(230 cal)* Heart-healthy fats and fiber (three times as much as the brown rice) help curb hunger. Plus, its creaminess gives you a lot of bang for your calorie buck.

Tomatillo Green Chili Salsa *(15 cal)* Lowest in sodium of all the salsas (260 mg), it still packs plenty of flavor.

Pinto or Black Beans *(130 cal)* With 8 to 9 grams each of fiber and protein, consider this your insurance policy against getting hungry later.

Say "Just a little" or skip:
Sour Cream *(110 cal)* Yes it's creamy and tangy, but it adds 7 grams of saturated fat.

Cilantro-Lime Brown Rice *(210 cal)* A regular-size scoop provides half the calories of a single meal. Asking for a "light" serving leaves more room for toppings.

Monterey Jack Cheese *(110 cal)* or **Queso** *(120 cal)* Skipping the cheese will save you 5 grams of sat fat and 190-200 mg sodium.

MAREN CARUSO, STYLING ALIC A DEAL (FOOD), PRODUCER JENNIFER THOMAS PRODUCTIONS

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A TASTE OF SOUTHERN ITALY

Orecchiette with Broccoli Rabe & Sausage

EatingWell Barilla

Smooth on the inside and grooved on the outside, **Barilla® Collezione Orecchiette** is undoubtedly the star of this recipe. The domed shape of the pasta acts a built-in "scoop" for the tasty sausage and greens. A simple, yet visually stunning dish to impress your dinner guests.

Serves 6

INGREDIENTS

- 3 bunches broccoli rabe
- 1 teaspoon baking soda
- Salt to taste
- 1 box **Barilla® Collezione Orecchiette**
- 1 pound Italian sausage
- 4 tablespoons extra virgin olive oil, divided
- 2 cloves garlic, sliced
- Red pepper flakes to taste
- ½ cup Romano cheese, grated

INSTRUCTIONS

1. Bring two 1-gallon pots of water to a boil.
2. Cut thick stems off broccoli rabe and discard. Add the broccoli rabe tops, baking soda and a bit of salt to one pot and cook for 10 minutes. Drain; when cooled down, chop roughly.
3. In the second pot, cook pasta 2 minutes less than package directions. Drain, reserving some of the cooking water.
4. Meanwhile, in a skillet, sauté crumbled sausage with 2 tablespoons of olive oil until brown, then add garlic and red pepper. Cook 1 minute.
5. Stir in cooked broccoli rabe.
6. Add pasta to the skillet along with some cooking water and toss until the sauce is coating the pasta and the pasta is perfectly cooked.
7. Stir in cheese and remaining 2 tablespoons olive oil before serving.

FUN FACT: The name orecchiette, which means "little ears" in Italian, is a nod to its unique shape. Like this recipe, orecchiette originates from the southern Italian province of Puglia.

Elevate Every Meal

With **Barilla® Collezione** artisanal pastas, even an ordinary pantry staple can be the starting point for a next-level culinary masterpiece. The difference lies in its unique Italian origins.

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CONTENTS

THE MEDITERRANEAN ISSUE

Learn the lessons of the storied heart-healthy Mediterranean diet, the roots of which go all the way back to 1940s CRETE *(p.4)*; experience the essence and food traditions of VENICE *(p.16)* by sailing with a chef, tour guide and native son; share food traditions, whether Turkish or Greek, in CYPRUS *(p.24)*, where neighbors come to the table to heal the island's fractures; enjoy the quick curbside eats of CAIRO, now being served in New York *(p.32)*.

DEPARTMENTS

Flip the issue for *Dinner Tonight* recipes, *Good Life* stories (gardening, pets, beauty, sustainability, nutrition, cleaning tips) and *Good Food Fast* (breakfast, dining out).

THIS PAGE: ULF SVAHN
BACK COVER: NADINE GREEFF (PASTA PUTTANESCA)

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Bronze cut for a texture that perfectly holds sauces.
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THE REAL MEDITERRANEAN DIET

The first detailed study of this storied heart-healthy diet goes all the way back to the 1940s on Crete—the largest of the Greek islands in the Mediterranean. Find out what the island's inhabitants were doing so right. Their lessons might astonish you.

By **PAUL GREENBERG**

Recipes by
AGLAIA KREMEZI

Food photography by
LEIGH BEISCH

In the spring of 1948, an American social scientist named Leland Allbaugh departed for the island of Crete with the intention of fixing it.

At the time, Greeks had the lowest per capita income in Europe and Cretans had the lowest income in Greece. Malaria and "diseases of filth," like dysentery, were widespread. All this led Allbaugh to conclude in a letter to his Rockefeller Foundation funders that, "The Cretans have a potential need for almost everything." In an attempt to catalog those needs, Allbaugh carried out seven months of intensive field research. Fanning out across the spare, rocky land, he and his team visited farmers' fields and workers' factories, monitored the care of the sick and counted up the ways the moribund had died.

But most important, the Allbaugh group exhaustively inventoried what the Cretans ate. Expecting to find widespread malnutrition, the researchers instead discovered the local diet to be "surprisingly good" and noted that the Cretans had an exceedingly low rate of chronic Western diseases. They suffered about a third as many heart disease-related deaths as Americans at the time and had barely any incidence of cancer. No matter how underdeveloped Crete might have been in terms of roads, plumbing and other typical markers of "progress," it seemed they were far ahead of the U.S. when it came to eating well.

And they'd been eating this well for millennia: "The basic foods for the modern Cretan diet are probably the same as during the Minoan period about 2000 B.C.," Allbaugh wrote in *Crete,* the 572-page book outlining his findings. This diet would be analyzed in an even deeper way a decade later, when University of Minnesota physiologist Ancel Keys, Ph.D., traveled to Crete to interview men from the island's heartland. Once again, subjects were found to be lean and largely free of heart disease and cancer. So healthy were the Cretans that Keys used them as a pilot population for his

Sympetherio, p.11

Dakos, p.12

epic "Seven Countries Study"—the first detailed analysis to compare diet and health outcomes across a broad spectrum of nations. Keys cited Cretans repeatedly as ideal practitioners of a lifestyle that he and his wife, Margaret, termed "The Mediterranean Way."

Ever since, we've been captivated by what has come to be known as the Mediterranean diet. And medical researchers continue to build a huge body of evidence around Allbaugh's and Keys' findings. More than 6,500 scientific papers have been published on the Mediterranean diet, including the 1998 Lyon Diet Heart Study—the first clinical trial on the subject and one that's still cited today. It found a 50 to 70% reduction in rates of heart disease and stroke recurrence among those following a Mediterranean diet.

Then there was the landmark 2013 PREDIMED study, which observed a 39% reduction in heart attacks in healthy individuals who added key Mediterranean components (namely nuts and olive oil) to their diets. (The paper was retracted and later republished to correct a flaw in the randomization process, but the results remained the same.) Evidence has also linked a Mediterranean style of eating to improved cognition. And a population-level study published in the *New England Journal of Medicine* stated bluntly that "greater adherence to the traditional Mediterranean diet is associated with a significant reduction in total mortality." It is due to this and other research that *U.S. News & World Report* has ranked the diet best in the world for the past three years.

But despite all the acclaim, most Americans remain confused about what a Mediterranean diet really *is*. Apart from a vague sense of olive oil and red wine being a good idea and a big slab of red meat being a bad one, we often just pick and choose healthy-sounding foods from any one of the countries that the Mediterranean Sea touches without having an organizing principle.

So in an attempt to offer some more concrete advice, I journeyed to Crete to find out exactly what Cretans were eating when Allbaugh and Keys found them in the peak of health. What I learned is that while much of the Cretan tradition can be quixotic and even a little arbitrary, there *are* specific changes we can make to our American diet that will bring us more in line with the Mediterranean ideal.

1 Eat Plenty of Carbs—But the *Right* Carbs

"This really is the base of the original Cretan diet," archaeologist Dimitra Mylona, Ph.D., said as she handed me a tough, thick cracker in the dank chamber of a Minoan tomb a few miles outside of the Cretan town of Rethymnon. For the last 20 years, Mylona has been looking at the eating habits of the early inhabitants of the island, through her work with the Institute of Aegean Prehistory Study Center. What she concluded is that it was the rough barley bread, or rusk, that formed the backbone of the diet. "You can see it in their teeth," she told me. "They're worn down and damaged from chewing on this hard stuff." (Don't let that deter you from trying our recipe on page 12; it would take a *whole* lot of rusks to do that to your teeth.) Indeed, Allbaugh found that 39% of Cretans' daily calories came from whole grains.

Whereas wheat was typically eaten by the upper classes or exported, barley was the food of the commoners. This whole grain made for a bread that was slower to digest and less likely to cause the insulin spikes of white flour—thanks largely to barley's high amounts of soluble fiber, nearly twice that of whole wheat. "Fiber has all sorts of benefits in terms of appetite and weight control," explained *EatingWell* advisor David Katz, M.D., M.P.H., director of Yale University's Yale-Griffin Prevention Research Center. Soluble fiber extends the time your body takes to break down carbs and "smooths out" the digestion of sugars and fats, helping you feel fuller longer.

Whole grains high in soluble fiber also have proven heart-health benefits. A recent review of 243 studies published in *The Lancet* found that people who ate the most fiber had a 15 to 30% lower risk of death from heart disease. And the research showed a similar reduction in risk of developing cardiovascular disease, type 2 diabetes and colon cancer. High fiber intake was also linked to lower body weight, blood pressure and cholesterol. All of this resulted in a population that Allbaugh described as "slim-waisted, erect and able to withstand hunger during war and revolutions."

LESSON: *While ample carbohydrates were part of the Cretan diet, the vast majority were from whole grains rich in soluble fiber. Meanwhile, just 16% of the grains Americans eat are whole—the rest are refined. (See chart on page 10 for a complete dietary comparison.) Katz said you can follow the Cretan example by switching to 100% whole-wheat bread products and aiming for at least one daily portion of nonwheat grains, like oats or barley. And shoot for around 28 total grams of fiber per day.*

ILLUSTRATIONS BY HEATHER GAILEY PAGE & STEFAN DEUTSCH/WESTEND61/OFFSET

2 Curb Added Sugar

Arguably as important as the type of carbs Cretans ate is the kind they did *not*. Namely: sugar. Allbaugh recorded a minuscule 50 calories a day from foods like honey and grape must in the local diet—about 3 teaspoons' worth of added sugar. The average American currently gets 23 teaspoons' worth of added sugar daily (more than the Greeks ate in a *week*). "Cretans do not serve desserts—except for fresh fruit in season," Allbaugh observed. "Cake is seldom served and pie almost never." Even Greek yogurt—one of their culinary claims to fame—was eaten plain.

Too much sugar in the diet has obvious implications for developing type 2 diabetes, but a 15-year-long study published in *JAMA Internal Medicine* found an association between added sugar and heart disease, as well. Those eating a diet high in these refined carbs (about 17 to 21% of daily calories) had a 38% greater risk of dying from heart disease than those who got just 8% of their calories from added sugar. Research Keys and his colleagues conducted decades earlier for the Seven Countries Study also revealed an association between sugar intake and cardiovascular disease, albeit a weaker one than for dietary sources of saturated fat.

LESSON: *Look for ways to trim added sugars from your diet—including those that may be lurking in your flavored "Mediterranean" Greek yogurt. (Some pack as much per serving as a Twinkie.) The American Heart Association recommends limiting added sugars to 25 grams daily for women and 36 for men, or about 6 and 9 teaspoons' worth. So read labels on packaged items and choose ones with the lowest amount, because those grams can add up quickly.*

3 Expand Your Fruit and Vegetable Repertoire

Under a canopy of 350-year-old olive trees just outside the city of Chaniá, another food- and gastronomy-focused archaeologist, Mariana Kavroulaki, explained that after the Minoan period of self-government ended around 1450 B.C., Cretan food habits were dictated by harsh socioeconomic conditions imposed by the island's later colonizers.

Over the centuries, Crete was conquered and occupied again and again. The island's overlords—Romans, Venetians, Ottomans—all used Crete as a giant plantation, sending the most highly prized agricultural products, such as lemons, figs and raisins, abroad. As a result, Cretans had to eat whatever other foods were left.

But it turns out what was left had great nutritional benefits. Perhaps the greatest example is the wild field greens that women gathered in the winter and spring months, known as *horta*. Spicy and bitter, succulent and sour, horta encompass a broad array of more than 100 edible plants. Some, like purslane, contain high amounts of short-chain omega-3 fatty acids, which have been shown to help reduce blood pressure and cholesterol levels and lower the risk of heart disease and type 2 diabetes. Other greens, like dandelion, have antioxidants that may play a role in warding off cancer.

A wide variety of horta in the diet contributed significantly to the longevity Cretans enjoyed, according to Antonia Trichopoulou, M.D., Ph.D., a prolific Mediterranean diet researcher and president of the nonprofit Hellenic Health Foundation. A study she conducted, published in *BMJ,* found that high consumption of plants (including greens, as well as onions, tomatoes, cabbage and eggplant) accounted for the largest reduction in early mortality risk compared to other beneficial aspects of the traditional Mediterranean diet, such as low meat consumption and liberal olive oil intake.

When it came to fruit, Allbaugh noted that the most-consumed items were grapes, pomegranates and melons, all of which score an impressive 118 or higher on the Aggregate Nutrient Density Index (ANDI), a system that rates foods based on their nutrient content. Contrast that with the U.S., where our current top three fruits—apples, oranges and bananas—have ANDI scores of 53, 98 and 30, respectively.

The individual healthy components of the different fruits and vegetables Cretans ate was amplified by the sheer quantity they consumed—on average, 432 pounds of produce per person annually. Around that time, Americans were eating 323 pounds and today we get around 220. (These totals don't include potatoes, which were—and are—popular with both groups.)

LESSON: *The Cretans were models of plant-forward eating long before it was a thing in the U.S. (Author Michael Pollan's oft-quoted maxim to eat "mostly plants" is, by his own admission, derived from the first Crete studies that went on to inspire our modern dietary guidelines.) So: up your produce intake. According to a meta-analysis in* BMJ *that looked at data from nearly 470,000 people, for every daily serving of fruits and vegetables consumed, the risk of dying from heart disease dropped by 4% and the odds of premature death from* any *cause fell by 5% (with a maximum benefit at about 5 servings a day). And go for variety. Despite the many types of produce available to us today, we often stick to the same ones, and not the most nutritious ones at that.*

Michael Greger, M.D., author of How Not to Die, *suggests rotating as many different colorful fruits and vegetables through your diet as possible to get a broad range of vitamins and minerals. And, generally, the brighter or deeper the pigment—like the dark, leafy horta—the more phytonutrients the food will contain.*

DON'T FORGET A GOOD DAILY STROLL

"Walking is their main form of exercise," Allbaugh wrote of the Cretans, "and everyone walks, especially in the evenings at dusk." In addition to after-dinner ambles, walking was a constant part of Greek life. At the time of Allbaugh's and Keys' work, barely passable roads were the rule. (In an amusing remembrance, Keys said that when he would head out into the field in Crete, he drove "at a snail's pace," while his wife, Margaret, removed boulders from the road.) Aside from a donkey, one's feet were the main way of getting anywhere. As with other elements of the Cretan Mediterranean lifestyle, regular low-impact, endurance-based physical activity has been shown in numerous studies to be the form of exercise most likely to extend life.

4 Enjoy a Little *Krasí*

Perhaps the greatest point of controversy regarding the Mediterranean diet is the inclusion of red wine *(krasí)* as an integral component—so much so that it's treated like a nutrient. Over the last 70 years, studies have gone back and forth on the benefits of alcohol (of any kind). Some have found that moderate amounts—about a drink a day for women and two for men—can lower heart disease risk, while others have found no such benefit, or even harm.

What we do know, because Allbaugh recorded it, is that most of the wine Cretans drank was red and they always had it with food. This is important because some research suggests there may be a synergistic effect between wine and food that promotes heart health better than sipping it on its own. Red wine is also rich in polyphenols—antioxidants including anthocyanins and oleocanthal, the same compound as in olive oil—that have been found to keep platelets from building up and clotting blood vessels and to improve cholesterol and blood vessel function, all of which are cardioprotective. Concentrations of these polyphenols are about 10 times higher in red wine than white (although the latter has beneficial compounds of its own).

Also worth noting: regular wine consumption clearly enhanced a general culture of intergenerational sociability—another key pillar in the health and welfare of long-lived Mediterraneans. But while red wine was had at multiple meals daily, alcohol accounted for only 1% of total calories. (Allbaugh did suspect the Cretans underreported how much they drank because they felt "the visiting Americans might be expected to frown upon heavy wine consumption." By his observations, they had about one small glass a day.)

LESSON: *If you don't drink, this is not a reason to start. But if you enjoy the occasional glass of red over a meal with friends and family, it could improve the quality of your life and possibly the length of it.*

5 Choose Good Fat, Not Low Fat

Another dozen miles up the road toward Crete's western shore stands the Olive Tree of Vouves. As big around as a station wagon and estimated at more than 3,000 years old, it is an enduring testament to the fundamental role that olive oil has played in the Cretan diet.

Indeed, Allbaugh noted that, "To the foreign visitor, food seemed literally to be 'swimming' in oil." And when Keys made his observations, he found as much as 40% of daily calories came from it. Unlike the saturated fat in animal products, the monounsaturated fat that predominates in olive oil has been shown to lower "bad" LDL cholesterol and boost the "good" HDL kind.

Emmanouil Karpadakis, an olive oil tasting expert at Terra Creta olive oil cooperative in Chaniá, told me that 1940s-era Cretans were likely to be consuming olives harvested when still green, and thus richer in antioxidants. As Katz later explained, these greener olives would have contained higher amounts of a compound called oleocanthal, a highly potent antioxidant that gives olive oil its slightly bitter edge.

Oleocanthal has been shown to have anti-inflammatory effects that play a significant role in reducing the risk of chronic diseases, including heart disease, type 2 diabetes and certain kinds of cancer. According to a study published in the *Journal of Agricultural and Food Chemistry* that compared oleocanthal levels in both early- and late-harvest Greek olive oils, batches made from green early-harvest olives had nearly twice as much of the compound than oil from those picked later (however, even the oil made from late-harvest olives still had significant amounts of oleocanthal).

LESSON: *Embrace extra-virgin olive oil and swap it in for less-healthy fats in your diet, such as butter. It's also worth looking for "early harvest" EVOO that has been extracted from green unripe fruit, to get the highest amount of oleocanthal and other important antioxidants. While this is not a regulated term, you can often taste the difference—the flavor will be grassy and astringent compared to regular olive oil's buttery mellowness.*

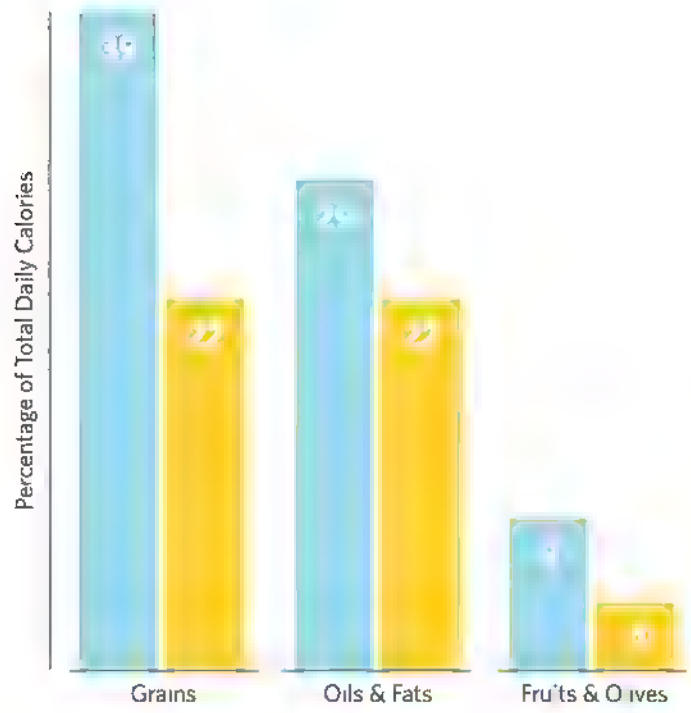
6 Embrace the Bean and Nut

Greeks often joke that in the rocky highlands of Crete "there are more goats than Greeks." Goats were the first domestic animal the Minoans brought to the island some 3,000 years ago and are such a part of Cretan identity that the wild version of the species, known as the *kri-kri,* is nationally protected. Keys and Allbaugh both observed how central the goat was to island animal husbandry, and that its meat was lean and nutrient-dense. Overall, goat meat has less total fat and saturated fat, more iron and about the same amount of protein per ounce compared to beef, pork, lamb and chicken. So Cretans would have had less sat fat—which can drive up cholesterol levels—in their diets.

But the more important point from a health perspective is that even this high-quality meat was seldom on Cretan plates, according to Walter Willett, M.D., Dr.P.H., a professor of epidemiology and nutrition at Harvard University's T.H. Chan School of Public Health, who is perhaps the nation's top expert on the Mediterranean diet. Specifically, Allbaugh observed that the Cretans only ate a little over 7 ounces of goat or other red meat a *week.* Even fish, often imagined as a key part of this diet, was consumed in small quantities—about 6 ounces weekly. And at around 2 ounces a week, poultry was even more of a mealtime rarity. The bulk of their protein came from legumes—chickpeas, white beans, fava beans, lentils—and other types of pulses, as well as nuts, including almonds, walnuts and chestnuts. At the time, Cretans were eating twice as much of these foods as Americans, according to Allbaugh, who noted that a common Greek saying was, "'Pulses are the poor man's meat."

Together with the protein derived from whole grains, plant-based sources accounted for 76% of the protein consumed per person each day. Like whole grains, beans, legumes and nuts are rich in soluble fiber and phytonutrients that may reduce the risk of various diseases, particularly when substituted for meat. The PREDIMED study reached this conclusion. And a 2018 review of studies published in *Progress in Cardiovascular Diseases* found that a plant-based diet high in nuts, pulses and barley significantly reduced LDL cholesterol, triglycerides, blood pressure and 10-year risk of developing heart disease among people with high cholesterol.

LESSON: *While you probably won't find goat in your local supermarket, you can choose lean cuts of meat and eat animal proteins sparingly—Willett recommends no more than one serving a few times a month. Instead, make beans, legumes and nuts your principal protein sources.*



7 Watch How *Much* You Eat—as Well as *What* You Eat

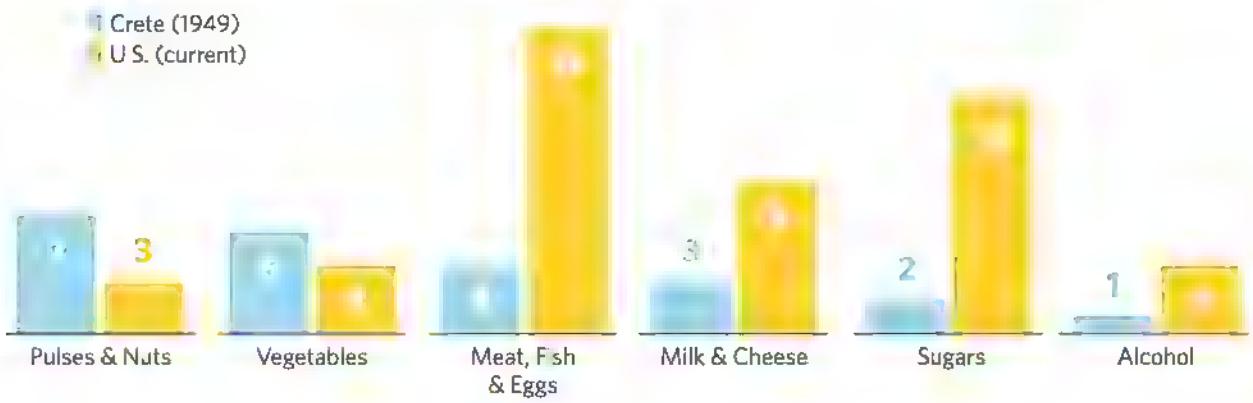
When Allbaugh distilled the many interviews his team did over the course of his time in Crete, the grim statement that stands out from one of his subjects was, "We are hungry most of the time." Overall intake was 2,547 calories per day—on par with average daily intake in the U.S. today. But many Cretans did back-breaking physical work every day that would necessitate many more calories than this. And indeed this is notable in Allbaugh's work housed in the Rockefeller archives at Sleepy Hollow, New York. In the scores of photos I pored over while writing this article, the subjects were as Allbaugh described—slim-waisted and erect, even if they were a little severe in their gaze. The point here is in no way about starvation as a recommendation, but about a general pattern of not overeating.

Cretans also tended to spread their food out into six small meals, rather than sit down to three large ones, which many contemporary physicians recommend. A study in the *Journal of the Academy of Nutrition and Dietetics* found that people who ate at least six times a day had better overall diet quality and lower BMIs than those who ate less than four times daily. Other research has shown that small, frequent meals may improve cholesterol and insulin levels. Plus, Cretans observed

MODERN-DAY VS. MEDITERRANEAN DIET

This chart shows the percentage of total daily calories from each food group the Cretans consumed, compared to a typical American diet today. Some differences are dramatic—looking at you, meat and sugar—and others are more subtle. For example, grain consumption is a big chunk of calories for both groups, but nearly all of what the Cretans ate were whole grains; in the U.S. 84% are refined. And 97% of their added fats came from healthy olive oil, while 70% of ours comes from olive and canola oils. The rest are from saturated-fat-heavy sources.

BY JULIA WESTBROOK; SOURCES: *CRETE*, LELAND G. ALLBAUGH (PRINCETON UNIVERSITY PRESS, 1953); USDA, ECONOMIC RESEARCH SERVICE



a pattern of religious fasting that closely mirrors the 5:2 pattern of intermittent fasting that some research has shown can promote longevity and reduce blood sugar levels. In the Greek Orthodox calendar, both Wednesdays and Fridays are designated as fast days and there are also numerous religious holidays that require abstention.

LESSON: *Keep calories in check and consider eating smaller, more frequent meals. You can also ask your doctor whether intermittent fasting might be right for you.*

Will these seven dietary lessons from Crete turn you into a slim-waisted, super-fit individual free of heart disease and cancer—and propel you headlong into a healthy old age? Well, it could be a start. There were many factors that contributed to the longevity Allbaugh and Keys observed on Crete, including strong family and social ties, relatively low stress levels and a penchant for dancing. But for the moment, the easiest thing we can do to emulate the inhabitants of King Minos' ancient island is to change how we eat. The rest, like the basis of so much traditional Greek yogurt, is culture.

PAUL GREENBERG *is author of the James Beard award-winning* New York Times *bestseller* Four Fish, *as well as* American Catch *and* The Omega Principle.

Sympetherio
(Mashed Legumes with Onion, Capers & Radicchio)

ACTIVE: 30 min **TOTAL:** 3 hrs
TO MAKE AHEAD: Refrigerate legume mixture (Step 1) for up to 3 days.
Sympetheros *means "father of one's son- or daughter-in-law," probably implying the "marrying" of different legumes in one dish. It's a meze served all over Greece. This recipe is inspired by the version Dimitris Mavrakis serves at his restaurant Kritamon in Archanes, near the spectacular Knossos archaeological site on Crete.*
(Photo: page 5.)

- **½ cup extra-virgin olive oil, divided**
- **1 large red onion, chopped, plus 1 medium red onion, thinly sliced, divided**
- **1½ cups skinless dried fava beans *(see Tip)***
- **1 cup yellow split peas**
- **½ cup green lentils**
- **10 cups water**
- **1 teaspoon sea salt, divided**
- **⅓ cup capers plus 1 tablespoon brine**
- **3 tablespoons lemon juice**
- **1 cup thinly sliced radicchio**
- **Aleppo pepper *or* crushed red pepper for garnish**

1. Heat ¼ cup oil in a large pot over medium heat. Add chopped onion and cook, stirring occasionally, until very soft, about 8 minutes. Add fava beans, split peas and lentils. Cook, stirring occasionally, until toasted, about 3 minutes. Stir in water and ¾ teaspoon salt. Bring to a boil over high heat. Reduce heat to maintain a simmer and cook, stirring often, until the legumes are very soft and the mixture is quite thick, 45 minutes to 1 hour 10 minutes. Using an immersion blender, pulse the mixture a few times until partially, but not fully, smooth. Let cool completely, about 2 hours.
2. About 30 minutes before serving, combine sliced onion, capers and brine and lemon juice in a medium bowl. Let stand for 30 minutes. Add radicchio, the remaining ¼ cup oil and ¼ teaspoon salt; toss to combine.
3. Serve the legumes topped with the onion mixture. Garnish with Aleppo (or crushed red pepper), if desired.
SERVES 12: 1 cup each
Cal 246 **Fat** 10g (sat 1g) **Chol** 0mg **Carbs** 29g **Total sugars** 3g (added 0g) **Protein** 11g **Fiber** 10g **Sodium** 283mg **Potassium** 462mg.

TIP: Look for "peeled" or "skinless" dried fava beans with other dried beans at well-stocked supermarkets or online at *bobsredmill.com*.

Kolokythokeftedes
(Baked Herb & Feta Zucchini Patties)

ACTIVE: 35 min **TOTAL:** 1 hr 25 min
EQUIPMENT: Parchment paper
Greeks nibble on this popular meze in tavernas while waiting for their main courses to arrive.
(Photo: page 9.)

- **2 pounds zucchini, shredded**
- **¾ teaspoon sea salt**
- **2 large eggs**
- **1¼ cups crumbled feta cheese (10 ounces)**
- **6 scallions, finely chopped**
- **⅔ cup finely chopped fresh dill**
- **1 tablespoon dried oregano, crumbled**
- **¼ teaspoon ground pepper**
- **1½ cups dry breadcrumbs, preferably whole-wheat**
- **½ cup all-purpose flour**
- **¼ cup extra-virgin olive oil**
- **Whole-milk plain Greek yogurt for serving**

1. Toss zucchini with salt in a colander. Let stand for 20 minutes. Squeeze handfuls at a time to extract most of the moisture.
2. Preheat oven to 400°F. Line 2 baking sheets with parchment paper; coat with cooking spray.
3. Lightly beat eggs in a large bowl. Add the zucchini, feta, scallions, dill, oregano and pepper and stir gently to mix. Combine breadcrumbs and flour in a medium bowl. Mix ½ cup of the breadcrumb mixture into the zucchini mixture.
4. Shape ¼ cup of the zucchini mixture into a patty about 3 inches wide and coat in the breadcrumb mixture. Place on a prepared pan. Repeat with the remaining zucchini mixture to make 20 patties. Brush the patties with oil.
5. Bake the patties until golden brown, turning once halfway through, about 40 minutes. Serve with yogurt, if desired.
SERVES 10: 2 patties each
Cal 229 **Fat** 14g (sat 6g) **Chol** 62mg **Carbs** 18g **Total sugars** 4g (added 0g) **Protein** 9g **Fiber** 2g **Sodium** 399mg **Potassium** 332mg.

Dakos (Barley Rusks)

ACTIVE: 40 min **TOTAL:** 5¾ hrs
TO MAKE AHEAD: Store airtight for up to 6 months.
EQUIPMENT: Parchment paper
Malted barley grain is mainly used to brew beer and whiskey but is used here to give the rusks a sweet, nutty flavor. Look for it at home-brew stores or order it online, along with malted barley flour. Top these crunchy toasts with tomatoes, olive oil and feta or dips like taramosalata *and tzatziki. For breakfast, do as Cretans do and crumble them in a bowl and top with yogurt, fruit, nuts and seeds.* (Photo: page 5.)

- **3 cups all-purpose flour, plus more as needed**
- **1½ cups barley flour**
- **1½ cups malted barley flour**
- **1 cup coarsely ground malted barley grain *or* malted barley flour**
- **2 tablespoons ground aniseed**
- **2 tablespoons ground coriander**
- **2 envelopes (4½ teaspoons) instant dry yeast**
- **2½ teaspoons sea salt**
- **½ teaspoon ground pepper**
- **½ cup extra-virgin olive oil plus 2 teaspoons, divided**
- **3 tablespoons grape molasses *(see Tip)* *or* 2 tablespoons honey plus 1 teaspoon balsamic vinegar**
- **2 cups cold water**

1. Combine all-purpose flour, barley flour, malted barley flour, malted barley grain (or more malted barley flour), aniseed, coriander, yeast, salt and pepper in the bowl of a stand mixer fitted with a dough hook. Make a well in the center and add ½ cup oil and grape molasses (or honey and vinegar). With the mixer on medium-low, add water and mix for 6 minutes. The dough should be somewhat sticky, but pull away from the sides of the bowl. If it's too dry, add a little more water; if it's too wet, add 1 to 3 tablespoons all-purpose flour.
2. Turn the dough out onto a lightly floured surface and shape into a ball. Coat a large bowl with the remaining 2 teaspoons oil, place the dough in it and turn to coat. Coat one side of a piece of plastic wrap with cooking spray and cover the bowl with it. Let the dough rise until doubled in size, 1½ to 2 hours.
3. Position racks in middle and upper thirds of oven; preheat to 400°F. Line 2 baking sheets with parchment paper.
4. Cut the dough in half and divide each half into 3 pieces. Keeping the remaining pieces covered with plastic wrap, roll one piece at a time into a thick rope, about 18 inches long. Cut in half and coil each half into a round bagel-like bun, with or without a hole in the middle. Press lightly with the heel of your hand to flatten slightly. Place the dakos about 1½ inches apart on the prepared pans. *(Alternatively, shape the dough into* paximadia: *Divide the dough into 4 pieces. Form each piece into a 14-inch-long log and transfer to the prepared pans.)* Cover loosely with plastic wrap and let rise for 30 minutes.
5. Bake for 10 minutes. Reduce oven temperature to 350°. Bake until firm and brown on the bottom, switching the pans from top to bottom and rotating from front to back halfway through, about 40 minutes more.
6. Reduce oven temperature to 200°. Remove the pans from the oven. Cut each dakos in half horizontally. (If you are making paximadia, let the logs cool for 5 minutes, then cut into ½-inch slices with a serrated knife.) Place the rounds (or slices) directly on the oven racks, overlapping if necessary, and bake until completely dry, about 2 hours.
7. Transfer the dakos (or paximadia) to wire racks and let cool completely, about 1 hour.
SERVES 24: 1 dakos or 4 paximadia each
Cal 204 **Fat** 6g (sat 1g) **Chol** 0mg **Carbs** 34g **Total sugars** 2g (added 1g) **Protein** 5g **Fiber** 4g **Sodium** 233mg **Potassium** 132mg.

TIP: Find grape molasses, a syrup made from reduced grape must (freshly crushed grape juice with the skins, seeds and stems), at Middle Eastern markets or online.

Revithia me Kolokytha (Slow-Cooked Chickpeas with Orange, Lemon & Squash)

ACTIVE: 45 min **TOTAL:** 6 hrs
(plus overnight soaking)
Chickpeas are commonly flavored with Seville orange, a pleasingly bitter variety grown on Crete. Orange zest along with lemon juice makes a good substitute. A little mustard deepens the flavor.

- **2 cups dried chickpeas**
- **¼ teaspoon baking soda**
- **⅓ cup extra-virgin olive oil, plus more for garnish**
- **2½ cups chopped onions**
- **1 tablespoon Aleppo pepper *or* ¾ teaspoon crushed red pepper**
- **1½ teaspoons sea salt**
- **1½ cups low-sodium vegetable broth *or* no-chicken broth**
- **1 cup coarsely chopped celery leaves, plus more for garnish**
- **2 4-inch strips orange zest**
- **5 cups chopped butternut squash (1-inch)**
- **¼ cup lemon juice**
- **2 tablespoons Dijon mustard**

1. Place chickpeas in a large bowl with enough cold water to cover by 3 inches. Let soak for 8 to 24 hours.
2. Preheat oven to 400°F.
3. Rinse the chickpeas. Transfer to a medium bowl and toss with baking soda.
4. Heat oil in a large ovenproof pot over medium heat. Add onions and cook, stirring occasionally, until soft, about 4 minutes. Stir in the chickpeas, Aleppo (or crushed red pepper) and salt; cook for 30 seconds. Add broth, celery leaves and orange zest. Bring to a boil over high heat, then remove from heat. Cover the pot with a double layer of foil and put the lid on.
5. Reduce oven temperature to 300°. Bake the chickpeas until very tender, about 4 hours. Stir in squash, lemon juice and mustard; bake until the squash is tender, about 1 hour more.
6. Serve drizzled with more oil and topped with more celery leaves, if desired.
SERVES 10: 1 cup each
Cal 253 **Fat** 10g (sat 1g) **Chol** 0mg **Carbs** 34g **Total sugars** 7g (added 0g) **Protein** 9g **Fiber** 9g **Sodium** 468mg **Potassium** 525mg.

Yahnera (Braised Greens with Lemon & Fennel)

ACTIVE: 50 min **TOTAL:** 50 min
If you prefer, instead of the croutons, you can add potatoes to the pan with the leeks, onions and fennel—and cook for about 10 minutes before adding the greens.

- **⅓ cup extra-virgin olive oil plus 2 tablespoons, divided, plus more for garnish**
- **2 large leeks, white and pale green parts only, thinly sliced and rinsed well**
- **2 medium onions, coarsely chopped**
- **1 bunch scallions, sliced**
- **1 large fennel bulb, coarsely chopped, plus ⅔ cup chopped fennel fronds *or* fresh dill, divided**
- **2 teaspoons fennel seeds, crushed**
- **2 pounds mixed greens, such as spinach, sorrel *and/or* chard, stems trimmed and coarsely chopped**
- **½ cup water**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**
- **3 cups cubed whole-wheat bread**
- **¼ cup lemon juice**

1. Heat ⅓ cup oil in a large pot over medium heat. Add leeks and cook, stirring, until soft, 5 to 10 minutes. Add onions, scallions, fennel bulb and fennel seeds; stir to coat with the oil. Add greens and cook, stirring occasionally, until wilted, 2 to 4 minutes. Stir in water, salt and pepper. Reduce heat to maintain a simmer, cover and cook until the greens are tender and most of the liquid has evaporated, about 10 minutes. (If the sauce is too watery, cook for 2 to 4 minutes over high heat to reduce it.)
2. Meanwhile, position rack in upper third of oven; preheat broiler. Spread bread on a

STYLING: EMILY CANFER (FOOD), GLENN JENKINS (PROPS)

rimmed baking sheet and toss with the remaining 2 tablespoons oil. Broil, stirring once, until crisp, 1 to 2 minutes.
3. Stir ⅓ cup fennel fronds (or dill) and lemon juice into the greens; cook for 2 minutes.
4. Serve topped with the remaining ⅓ cup fennel fronds (or dill), the croutons and more oil, if desired.
SERVES 8: 1 cup each
Cal 211 **Fat** 14g (sat 2g) **Chol** 0mg **Carbs** 19g **Total sugars** 5g (added 0g) **Protein** 5g **Fiber** 5g **Sodium** 386mg **Potassium** 790mg.

Hondros me Melitzanes
(Bulgur Pilaf with Eggplant, Pepper & Tomatoes)

ACTIVE: 35 min **TOTAL:** 50 min
EQUIPMENT: Parchment paper
On Crete, this pilaf is often made with xynohondros, *or cracked wheat simmered in soured goat's milk. A sprinkling of feta pays homage to that flavor.*

- **1 medium eggplant (about 1 pound), cut into 1-inch pieces**
- **3 tablespoons extra-virgin olive oil plus ½ cup, divided**
- **½ teaspoon sea salt, divided**
- **1½ cups coarse bulgur**
- **1½ cups chopped onion**
- **1 large green bell pepper, cut in ¼-inch pieces**
- **3 cups chopped ripe tomatoes**
- **½ cup dry white wine**
- **1½ cups water**
- **2 teaspoons Aleppo pepper *or* ½ teaspoon crushed red pepper**
- **1 cup crumbled feta cheese, divided**
- **½ cup chopped fresh mint, divided**

1. Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper.
2. Toss eggplant with 3 tablespoons oil and ¼ teaspoon salt in a medium bowl. Spread on the prepared pan. Roast until golden, 15 to 25 minutes.
3. Meanwhile, toast bulgur in a large saucepan over medium heat, shaking the pan occasionally, until fragrant, about 5 minutes. Transfer to a bowl. Add the remaining ½ cup oil and onion to the pan. Cook, stirring occasionally, until the onion is softened, about 2 minutes. Reduce heat to medium-low, cover and cook, stirring occasionally, until the onion is very soft, 6 to 8 minutes.
4. Increase heat to medium-high and add bell pepper and the bulgur. Cook, stirring occasionally, until the bell pepper is softened, about 3 minutes. Add tomatoes and wine. Cook, stirring occasionally, for 3 minutes. Add water, Aleppo (or crushed red pepper) and the remaining ¼ teaspoon salt. Reduce heat to medium-low, cover and simmer until the bulgur is tender, 10 to 12 minutes more.
5. Remove from heat and stir in the eggplant, ½ cup feta and all but 1 tablespoon mint. Let stand, covered, for 3 minutes. Serve topped with the remaining ½ cup feta and 1 tablespoon mint.
SERVES 6: 1⅓ cups each
Cal 493 **Fat** 32g (sat 8g) **Chol** 22mg **Carbs** 42g **Total sugars** 8g (added 0g) **Protein** 10g **Fiber** 9g **Sodium** 432mg **Potassium** 702mg.

AGLAIA KREMEZI *lives on the Greek island of Kea, where she teaches cooking lessons and pens cookbooks, including* The Foods of the Greek Islands.

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Fire-Roasted Tomato Pizza

SERVES 3

INGREDIENTS

- 1 jar **Barilla® Fire Roasted Marinara sauce**
- 3 small naan bread
- 1 plum tomato, sliced thin
- 1 yellow tomato, sliced thin
- 1 ½ cups mozzarella cheese, shredded
- ½ cup Parmigiano-Reggiano cheese, grated
- 1 ½ cups baby arugula

INSTRUCTIONS

1. Preheat oven to 425° F.
2. Spread the sauce evenly on the naan.
3. Top with slices of tomato followed by mozzarella and Parmigiano cheese.
4. Bake 8 to 10 minutes or until golden and bubbly on top.
5. Before serving, garnish with fresh arugula.

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Savory Tomato Sauce & Peas Penne

SERVES 8

INGREDIENTS

- 1 box **Barilla® Penne**
- 1 cup white onion, chopped
- 2 tablespoons extra virgin olive oil
- ½ tablespoon butter
- 1 jar **Barilla® Savory Tomato sauce**
- 9 ounces frozen peas
- Salt and black pepper to taste
- Grated Parmigiano-Reggiano cheese for topping

INSTRUCTIONS

1. Bring a large pot of water to a boil.
2. Cook pasta according to package directions. Drain, reserving 1 cup cooking water.
3. Meanwhile, in a large skillet, sauté onion in olive oil and butter for 5 minutes.
4. Add sauce, 1 cup pasta-cooking water and peas. Season with salt and pepper and simmer until the peas are cooked through. Continue cooking until sauce returns to regular consistency.
5. Add pasta and toss with sauce; top with cheese.

INGREDIENT SPOTLIGHT

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MASTERS OF PASTA

Mauro Stoppa *(right)* with one of his crew aboard Eolo on the Venetian Lagoon.

Shaved Artichoke Salad with Shrimp, p.22

MAURO'S VENICE

To experience the essence of this city and its food traditions, we turn to captain, chef, tour guide and native son MAURO STOPPA

By **MARGARITA GOKUN SILVER**

Recipes adapted from **MAURO STOPPA** Location photography by **ULF SVANE** Food photography by **PENNY DE LOS SANTOS**

Water is everywhere. Calm and charcoal-green, it's in front of me, it's behind me, it's to my right and left. Being surrounded by water is a quintessential Venetian experience. But I'm unnerved that it's also raining. The sky is a Dali-esque collection of gray cotton balls, some dustier than others, all extending as far as the eye can see.

On my fourth trip to the Serenissima, as Venice used to be known, I came to take a cruise of sorts, one that endeavors to celebrate the city's unique ecosystem. Invited by Mauro Stoppa, an impassioned guide and a gifted chef, I'll spend the next three days traversing the Venetian Lagoon—a shallow, saltwater embayment off the Adriatic Sea—in a bragozzo, a two-masted, 55-foot-long trawler. Now, crossing the gangway I wonder how the seven of us guests (plus crew!) will fare confined in its tiny cabin.

On Eolo, named after Aeolus, the Greek god of winds, fresh-cut tulips adorn a tarpaulin that covers the deck; and delicious smells escape the galley below. To welcome us Stoppa makes battered and deep-fried white and green asparagus along with herb-and-garlic-crusted sardines, also fried. We dig in as prosecco fizzes into our glasses to accompany this prelude to lunch and Eolo sets off to our first stop.

For 21 years Stoppa has been taking people out on the water. "I was 30 when I decided I wanted to spend part of my life on a boat," he says. It took over a decade of selling agricultural equipment and another few years of planning, but in 1998 Stoppa bought the 52-year-old bragozzo. After renovating it and adding a kitchen, he launched it into the lagoon. "I wanted to find something nearest to my soul," he says. His soul was in the lagoon.

At first glance Stoppa appears overly serious, cross even. He stoops to work in the cramped galley with its just-under-six-foot ceiling. Wearing matching lagoon-green uniforms, his crew of three prepare our lunch—I spy purple artichokes, herbs I don't recognize, and a whole sea bass being readied for the oven. Stoppa is pouring olive oil over it when I ask to take his picture. He smiles a shy grin and I see that he isn't cross at all. He's serious, all right—it takes focus and concentration to whip up multi-course meals in a kitchen that seems smaller than its chef—but he's also a softie when it comes to the things he loves. Get him to talk about the lagoon and why he takes visitors into its depths and he is all smiles, all the time.

When he began his cruises, the existing tours shuttled large groups just to the islands of Burano and Torcello, and called it "seeing the lagoon." For Stoppa that was neither true nor enough. He wanted to share what life was like on the

Mauro Stoppa's boat can ferry guests to hidden parts of Venice, such as fish farms that have operated unchanged for centuries.

lagoon's waters."Eolo [is] a way to see the hidden parts, to move slowly, to be relaxed," he says. Fomenting visitors' connection with the lagoon is Stoppa's ultimate goal.

Gastronomy plays a major role in that connection. "The meals on board are joined with the experience," he says. "They come from the [lagoon] ingredients." To source them Stoppa works closely with local fishermen, hunters and farmers. His dishes are always seasonal. The seafood, game and vegetables are local, some even from his own garden on the island of Vignole where Eolo docks when not cruising.

Because of Eolo's intimate size there are no cabins for overnight stays so Stoppa only serves lunch. Instead we stay in boutique hotels and dine at restaurants he vets personally. Sometimes he joins but often he stays behind fine-tuning the next day's menu. Some of Stoppa's recipes—like for bicciolani, Venetian butter cookies—come from his mother, but most are just "classic Italian." "Italian cuisine is simple," he says. "[With] good ingredients you don't have to work hard to give good results." Stoppa cooks, organizes and sometimes even drives the boat during the cruise. Eolo's been his primary residence since 2005 and his passengers are his guests. "If you have someone in your home, you try to create a [welcoming] atmosphere," he says.

It's a sentiment we feel keenly, rain and tight quarters notwithstanding. Stoppa's crew are warm and gracious and his meals evoke five-star luxury and yet feel artisanal.

When the sun comes out on our third day, we eat on deck for the first time. Looking over the teal water I savor Stoppa's first offering, a salad of shaved raw artichoke and sautéed shrimp, and realize I needn't have worried about the rain. "The lagoon gives the soul a good change," Stoppa says. The Eolo experience, rain or shine, amplifies that change.

MARGARITA GOKUN SILVER
is a freelance writer who covers food and culture. She lives in Madrid.

«
Herb-Crusted
Sea Bass & Lemony
Samphire, p.22

Herb-Crusted Sea Bass

ACTIVE: 25 min **TOTAL:** 1 hr 25 min

This whole fish smothered with herbs and buttery breadcrumbs is simple enough to let the flavor of the seafood shine through. If cleaning and prepping the fish isn't your thing, most fish counters at larger markets will do it for you. On Eolo, Mauro Stoppa serves the fish with roasted potatoes and Lemony Samphire (page 22.)

- **1 3-pound whole black bass *or* sea bass, cleaned, head and tail intact**
- **2 tablespoons chopped fresh tarragon**
- **¾ teaspoon salt, divided**
- **3 tablespoons extra-virgin olive oil, divided**
- **⅓ cup dry white wine**
- **1 tablespoon butter**
- **2 cloves garlic, minced**
- **1½ cups whole-wheat breadcrumbs**
- **3 tablespoons chopped fresh basil**
- **3 tablespoons chopped fresh marjoram *or* oregano**
- **3 tablespoons chopped fresh parsley**

1. Preheat oven to 350°F.
2. Sprinkle the inside of the fish cavity with tarragon and ¼ teaspoon salt.
3. Heat 2 tablespoons oil in a roasting pan over medium-low heat. Add the fish and pour in wine. Bake until the fish is opaque in the center, 40 to 50 minutes.
4. Meanwhile, heat the remaining 1 tablespoon oil, butter and garlic in a large skillet over medium heat. Add breadcrumbs, basil, marjoram (or oregano), parsley and the remaining ½ teaspoon salt. Cook, stirring often, until the breadcrumbs are toasted, 3 to 4 minutes.
5. Score the skin of the fish near the gills and carefully pull it off toward the tail. (Discard the skin.) Spread the breadcrumb mixture over the fish, pressing gently. Return the fish to the oven and bake for 5 minutes.

SERVES 6: 4 oz. fish each
Cal 288 **Fat** 13g (sat 3g) **Chol** 65mg **Carbs** 10g **Total sugars** 1g (added 0g) **Protein** 29g **Fiber** 2g **Sodium** 499mg **Potassium** 401mg.

Rabbit Saor

Risi e Bisi, p.22

Fried Asparagus & Squash Blossoms, p.22

Rabbit Saor

ACTIVE: 35 min **TOTAL:** 2¾ hrs

Here rabbit (or chicken) is cooked in the style of Sarde in Saor, *a classic dish where sardines are fried in olive oil, mixed with onions and raisins sautéed in the same flavorful oil and then finished with a jolt of vinegar. Juniper berries add a woodsy essence.*

- **1 rabbit (about 3 pounds), skinned and cut into 6 pieces, *or* 3 pounds bone-in, skinless chicken thighs**
- **½ cup passito *or* other white dessert wine plus 2 tablespoons, divided**
- **4 tablespoons extra-virgin olive oil, divided**
- **5 medium white onions, thinly sliced**
- **8 juniper berries**
- **1½ teaspoons salt, divided**
- **⅓ cup white-wine vinegar**
- **¼ teaspoon ground white pepper, divided**
- **⅓ cup pine nuts**
- **⅓ cup raisins**
- **1 tablespoon lemon juice**
- **6 cups greens, such as arugula, mâche, lamb's lettuce, spinach *or* watercress**

1. Place rabbit (or chicken) in a large pot and add just enough water to cover the meat. Add ½ cup wine, cover and bring to a simmer over high heat. Reduce heat to maintain a simmer, covered, until the meat is very tender, about 2 hours for rabbit or 30 minutes for chicken.
2. Meanwhile, heat 1 tablespoon oil in a large skillet over medium heat. Add onions, juniper berries and ½ teaspoon salt. Cover and cook, stirring occasionally, until tender, 18 to 20 minutes. Stir in vinegar. Cover the pan and set aside.
3. Transfer the rabbit (or chicken) to a clean cutting board. Using two forks, shred the meat into large pieces. (Discard bones.) Transfer to a medium bowl and add the remaining 2 tablespoons wine, 1 tablespoon oil, ¾ teaspoon salt and ⅛ teaspoon white pepper. Stir in the onion mixture, pine nuts and raisins.
4. Whisk lemon juice with the remaining 2 tablespoons oil, ¼ teaspoon salt and ⅛ teaspoon white pepper in a medium bowl. Add greens and toss to coat. Serve the salad with the meat.

SERVES 6: 1⅓ cups meat & ⅔ cup salad each
Cal 509 **Fat** 27g (sat 5g) **Chol** 124mg **Carbs** 18g **Total sugars** 10g (added 0g) **Protein** 47g **Fiber** 3g **Sodium** 664mg **Potassium** 914mg.

Lemony Samphire

ACTIVE: 5 min **TOTAL:** 10 min

Called sea beans in the U.S., samphire is crunchy seaweed that adds crunch and brininess to dishes and can be eaten raw or cooked. Look for it in gourmet markets or fish markets or order online at melissas.com. (Photo: page 20.)

- **1 tablespoon extra-virgin olive oil**
- **8 ounces samphire (sea beans)**
- **1 tablespoon lemon juice**

Heat oil in a large skillet over high heat. Add samphire and cook, stirring occasionally, until tender, about 5 minutes. Stir in lemon juice.

SERVES 6: ⅓ cup each

Cal 39 **Fat** 3g (sat 0g) **Chol** 0mg **Carbs** 4g **Total sugars** 0g (added 0g) **Protein** 1g **Fiber** 0g **Sodium** 329mg **Potassium** 22mg.

Shaved Artichoke Salad with Shrimp

ACTIVE: 55 min **TOTAL:** 55 min

Venice was built on saltwater marshes in the 6th century, and many local crops like the city's Sant'Erasmo artichokes, have a delicate taste of the sea. For this salad artichokes are sliced thin—a great use for a mandolin if you have one—and served raw. When paired with the sweet-salty shrimp the combo evokes the flavors of the lagoon. For tender and tasty results, buy the smallest, freshest artichokes you can find. (Photo: page 16.)

- **1 lemon, halved**
- **12 small to medium artichokes**
- **4 tablespoons extra-virgin olive oil, divided**
- **2 tablespoons torn fresh mint leaves**
- **Pinch of salt**
- **¼ teaspoon ground pepper, divided**
- **½ pound large shrimp (26-30 per pound), peeled and deveined**

1. Squeeze a lemon half into a bowl of cold water. Cut stems from artichokes and discard. Working with one artichoke at a time, pull off all the leaves and soft purple petals and discard. Using a sharp paring knife, trim any remaining green parts from the heart. Rub with the cut side of the remaining lemon half. Scoop out the fuzzy choke with a melon baller or spoon. Rub again with the lemon half. Place the artichoke heart in the lemon water to prevent discoloration while you trim the rest.

2. Very thinly slice the artichoke hearts and immediately toss them in a bowl with 2 tablespoons oil, mint, salt and ⅛ teaspoon pepper.

3. Heat the remaining 2 tablespoons oil in a large skillet over medium-high heat. Add shrimp and the remaining ⅛ teaspoon pepper. Cook, stirring occasionally, until the shrimp are pink, 3 to 4 minutes.

4. Serve the shrimp with the artichokes and garnished with more mint, if desired.

SERVES 4: 1 cup each

Cal 243 **Fat** 14g (sat 2g) **Chol** 68mg **Carbs** 18g **Total sugars** 2g (added 0g) **Protein** 14g **Fiber** 9g **Sodium** 237mg **Potassium** 737mg.

Risi e Bisi

ACTIVE: 1¼ hrs **TOTAL:** 1¼ hrs

This risotto-like combo of rice and peas is made with a very cool technique that infuses the dish with one of the great tastes of spring. Once Stoppa has shelled the peas he steeps the pods in water with onion to make a delicate broth to cook the rice in. (Photo: page 21.)

- **1¾ pounds fresh English peas in pods**
- **1 medium yellow onion, chopped**
- **8 cups water**
- **⅓ cup passito *or* other white dessert wine**
- **⅓ cup raisins**
- **2 tablespoons extra-virgin olive oil**
- **1 small white onion, thinly sliced**
- **1½ cups arborio *or* carnaroli rice**
- **2 tablespoons dry white wine**
- **1¼ teaspoons salt**
- **¼ teaspoon ground white pepper**

1. Shell peas, reserving the pods. Place the pods, yellow onion and water in a large pot. Bring to a simmer. Reduce heat to maintain a simmer and cook for 25 minutes. Pour the broth through a strainer into a large saucepan (discard the solids). You should have 6 cups. Keep the broth hot over low heat.

2. Combine passito (or other dessert wine) and raisins in a medium bowl. Set aside.

3. Heat oil in a large skillet over medium heat. Add white onion and cook, stirring often, until lightly browned, about 4 minutes. Add the shelled peas and cook for 1 minute. Cover and cook until the peas are tender, about 3 minutes more. Add rice and stir to coat with oil. Add dry white wine and cook, stirring, until evaporated, about 15 seconds. Add ½ cup of the reserved pea broth and cook over medium-low heat, stirring frequently, until most of the liquid has been absorbed. Continue to cook, adding the hot broth ½ cup at a time and stirring frequently after each addition, until most of the liquid is absorbed. The risotto is done when you've used all the hot liquid and the rice is creamy and just tender, 25 to 35 minutes total.

4. Stir in the reserved raisins and wine; season with salt and white pepper.

SERVES 8: 1 cup each

Cal 221 **Fat** 4g (sat 1g) **Chol** 0mg **Carbs** 39g **Total sugars** 7g (added 0g) **Protein** 5g **Fiber** 3g **Sodium** 373mg **Potassium** 160mg

Fried Asparagus & Squash Blossoms

ACTIVE: 45 min **TOTAL:** 2 hrs

Fritto misto, *mixed fried foods, is a typical Italian nibble. Mauro fries robinia (black locust) flowers that grow in the region, but we've adapted the recipe using easier-to-find squash blossoms. Be sure to salt the asparagus and blossoms as soon as they're out of the oil so that the crystals will stick to the food.* (Photo: page 21.)

- **1½ cups all-purpose flour**
- **1½ cups seltzer water**
- **15 white *and/or* green asparagus spears, trimmed**
- **1¼ cups extra-virgin olive oil**
- **1¼ cups canola oil**
- **15 squash blossoms, stems trimmed to ¾ inch**
- **½ teaspoon kosher salt**

1. Place flour in a medium bowl. Gradually whisk in seltzer water until smooth. Cover and refrigerate for 1 hour.

2. Meanwhile, bring a large pot of water to a boil. Place a large bowl of ice water by the stove. Plunge asparagus into the boiling water and cook for 1 minute. Lift it out with tongs or a slotted spoon and transfer to the ice water. Drain the asparagus and pat dry.

3. Combine olive oil and canola oil in a large skillet; heat over medium heat to 350°F. Whisk the batter, then, working in batches, dip the asparagus and squash blossoms in the batter. Carefully transfer to the hot oil and fry until crisp and golden, 1 to 2 minutes per side, adjusting the heat as necessary to maintain the temperature, Transfer to a baking sheet lined with paper towels. Sprinkle with salt.

SERVES 5: 3 asparagus spears & 3 blossoms each

Cal 351 **Fat** 36g (sat 4g) **Chol** 0mg **Carbs** 7g **Total sugars** 1g (added 0g) **Protein** 2g **Fiber** 1g **Sodium** 193mg **Potassium** 115mg.

Bicciolani

ACTIVE: 25 min **TOTAL:** 6 hrs 40 min (including 6 hrs chilling time)

TO MAKE AHEAD: Refrigerate dough (Step 1) overnight. Store cookies airtight for up to 1 week.

EQUIPMENT: Parchment paper

The intense blend of spices in these cookies is a tip of the hat to Venice's history as a conduit for the spice trade between Europe and the Far East.

- **½ cup all-purpose flour**
- **½ cup white whole-wheat flour**
- **5 tablespoons granulated sugar**
- **3 tablespoons cornmeal**
- **1 teaspoon ground cinnamon**
- **Pinch of ground cloves**
- **Pinch of ground coriander**
- **Pinch of ground mace**

ILLUSTRATIONS BY HEATHER GAILEY STYLING NORA SINGLEY (FOOD) PAIGE HICKS (PROPS)

Pinch of ground white pepper
Pinch of salt
4 large egg yolks
½ cup (1 stick) cold unsalted butter, cubed
½ teaspoon vanilla extract

1. Whisk all-purpose flour, whole-wheat flour, sugar, cornmeal, cinnamon, cloves, coriander, mace, white pepper and salt in a large bowl. Add egg yolks, butter and vanilla. Blend the ingredients with your fingertips until the dough comes together. Shape the dough into a 7-by-1½-inch log and wrap in plastic wrap. Refrigerate for 6 hours or up to 3 days.
2. Position racks in middle and upper third of oven; preheat to 350°F. Let the dough stand at room temperature while the oven preheats. Line 2 baking sheets with parchment paper.
3. Slice the dough into ⅛-inch-thick rounds and place at least 1 inch apart on the prepared pans. Bake the cookies, switching the pans between racks and rotating from back to front halfway through, until lightly browned around the edges and firm in the center, 15 to 20 minutes. Transfer the cookies to a rack to cool.
MAKES: about 40 cookies (per cookie)
Cal 45 **Fat** 3g (sat 2g) **Chol** 25mg **Carbs** 4g **Total sugars** 2g (added 2g) **Protein** 1g **Fiber** 0g **Sodium** 5mg **Potassium** 8mg.

When in Venice

[illegible]

To plan a voyage on **Eolo** with Mauro Stoppa visit *cruisingvenice.com*.

[illegible]

The **Ca Maria Adele** *(camariaadele.it)* is a small boutique hotel set in a 16th-century palazzo in Dorsoduro, an area known for its artsy vibe, nightlife and smaller tourist crowds Or check into the **Palazzo Ca'Nova** *(canova-venezia.com)*, part of a Grand Canal palace that's been owned by one family for almost two centuries.

[illegible]

For local fare try the Fritto Misto or Venetian-style calf's liver and onions at **Antiche Carampane** *(antichecarampane com)*. **Pasticceria Rizzardini,** a traditional wood-paneled bakery, offers the sweets that have captivated Venice since 1742.

[illegible]

Wine in the Veneto region is an important part of the food culture as well as a booming economic anchor. While the area is well known for prosecco and pinot grigio, also look out for Valpolicella, Amarone, Soave, Bardolino, trebbiano, pinot bianco and verdicchio

Passito wines are made in the Veneto with grapes that are sun-dried before they are fermented. This centuries-old method yields sweeter, more concentrated results. Mauro Stoppa pays homage to this ancient tradition by using passito in his cooking. These wines can be hard to find in the U.S., but vin de vaille from Tablas Creek Vineyard in Paso Robles, California, is a good substitute.

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AN ISLAND

Cyprus is a land of contrasts: jaw dropping beauty next to the rough reality of territorial disputes. But no matter whether Turkish or Greek, food traditions are a vital part of family, identity and pride. **NIKI PSARIAS** *(above)* is tapping into those traditions to host delicious meals, bring all Cypriots to the table and heal the island's fractures. By **JEN ROSE SMITH**

Portrait by **PASCALE BOUZAN** Food photography by **PENNY DE LOS SANTOS**

DIVIDED

SPRING CLOUDBURSTS WRAP THE ISLAND OF Cyprus in fleeting green, softening the country's rocky cliffs, which climb high from the eastern-most corner of the Mediterranean Sea. As the skies clear, residents venture out onto the cobbled streets of the capital, Nicosia *(pictured)*, a maze of zigzag lanes framed by ancient stone fortifications. Inside the walls, pedestrians pass a jumble of elegant mosques, Byzantine churches and shuttered homes spanning centuries of history. They sip coffee at café tables alongside an obvious reminder of the country's struggles: a trail of soaked sandbags and rusting barbed wire that splits the tiny nation in two.

That line mirrors the longstanding rift between the island's Greek- and Turkish-speaking communities. When Cyprus declared independence from British rule in 1960, violence flared as the country [illegible] keepers arrived in 1964, but clashes continued through another fraught decade. In the summer of 1974, the Greek military backed a government coup and troops from Turkey invaded the north days later. The Turkish forces never left, occupying one-third of the island, and decades later, Cyprus remains divided.

Niki Psarias is striving to bridge that divide. In December 2017, she started Border Kitchen, a series of events that bring islanders together for an evening of food and conversation. At the first gathering, guests pulled open the door to the Powerhouse Restaurant in Nicosia and were met with the aroma of fresh lemons, dried oregano and slow-cooked lamb. Tea lights flickered in the corners near jars overflowing with pink and white bougainvillea. The [illegible] strangers settled in around long communal

and dips aromatic with garlic.

Psarias wasn't alive in 1974, but war shaped her life all the same. Her Greek Cypriot family were refugees of the conflict, with her grandparents fleeing their homes in the north of the island. Her family later settled in London, where Psarias was born and grew up. To her, Cyprus meant sunny summer vacations and the bright flavors of the country's cuisine, but it was also the source of her family's profound sense of sadness and loss.

Her family history in part spurred her into a career working for international humanitarian aid groups. In the evenings, Psarias would unwind by cooking, sometimes recreating dishes from her childhood vacations. Then in 2014, as part of her work for a peace-building organization, she began planning dinners that featured the cuisines of countries that have experienced conflict, such as Sri Lanka, Colombia and Myanmar.

Those events sparked powerful dialogues about peace. Psarias thought: *Why not bring this to Cyprus?* So she reached out to chefs from both sides of the island and Border Kitchen was born. From the beginning, cooking proved a powerful connection—when the chefs sat down to plan a menu, they were surprised by how many similarities there were between their two cultures. "We don't share the same religion or the same language," says Munevver Gurel, a Border Kitchen chef from the Turkish side of the island, "but the ingredients and the cooking techniques are the same."

"Food brings people together," says Psarias. "We feel happy, and that helps us to be more open to new ideas." That idea resonated for Marina Kyriakou, a Greek Cypriot who attended the inaugural Border Kitchen dinner. Kyriakou was 20 years old before she ventured across the U.N.-patrolled buffer zone. "I learned to live in a country that wasn't whole," she says. "My perspective back then was 'I have no idea what is there and I'm not curious about it.'" Meeting fellow islanders at the Border Kitchen dinner helped fire her interest in Turkish Cypriot culture, and she now makes regular trips into the northern part of the island.

After a lifetime abroad, Psarias now has a base in Nicosia and splits her time between London and Cyprus so she can continue working for peace on the island and building Border Kitchen. And at a moment when disputes are simmering across the globe, she believes that the simple pleasures of cooking and conversation are essential tools for every culture with healing to do. "It's a way for us to share part of ourselves with each other," Psarias says. "Food can get you to a table—and a table is where dialogue begins."

JEN ROSE SMITH *spent three months in Cyprus last year, where she learned that she loves Commandaria wine and green walnuts in syrup.*

Slow-Cooked Lamb with Lemons & Pomegranate

Slow-Cooked Lamb with Lemons & Pomegranate

ACTIVE: 30 min **TOTAL:** 7 hrs (including 2 hrs marinating time)
EQUIPMENT: Parchment paper

A long braise in the oven yields fork-tender results for a tough cut of lamb. Cinnamon, oregano, garlic and lemon infuse the meat with Mediterranean aromas, while a final scattering of pomegranate arils provides a burst of color and crunch.

- **2 lemons, divided**
- **10 cloves garlic, divided**
- **1¼ teaspoons salt, divided**
- **½ teaspoon dried oregano *or* 1 teaspoon chopped fresh**
- **¼ teaspoon ground cinnamon**
- **1 3-pound bone-in lamb shoulder roast, trimmed**
- **1 pound baby waxy potatoes**
- **1 medium onion, peeled and quartered with root end intact**
- **3 cups water**
- **½ cup pomegranate arils**
- **¼ cup chopped fresh parsley**

1. Zest 1 lemon. Combine the zest, 5 garlic cloves, ¾ teaspoon salt, oregano and cinnamon in a mortar and pestle or mini food processor and blend into a paste. Rub the mixture all over lamb and place in a 5½-quart ovenproof pot with a tight-fitting lid (the lamb should fit with just a little space around the edges). Refrigerate for at least 2 hours or overnight.
2. Preheat oven to 300°F.
3. Squeeze the juice of the zested lemon over the lamb. Cut the remaining lemon in half and tuck around the lamb along with the remaining 5 garlic cloves, potatoes and onion. Pour water around the lamb in the pot.
4. Cut a piece of parchment paper a bit larger than the pot. Wet the parchment and use it to cover the lamb and vegetables, crumpling and tucking it down around the edges. Braise the lamb until fork-tender, 4 to 5 hours.
5. Discard the parchment. Increase oven temperature to 425°F. Baste the lamb with the pan juices and continue cooking until the top is browned, 10 to 15 minutes more.
6. Cover the pot and let stand for 15 minutes. Transfer the lamb to a serving platter along with the potatoes, onion and garlic. Sprinkle with pomegranate arils and parsley before serving.
SERVES 8: 3 oz. lamb and ½ cup vegetables & sauce each
Cal 385 **Fat** 23g (sat 9g) **Chol** 111mg **Carbs** 14g **Total sugars** 3g (added 0g) **Protein** 30g **Fiber** 2g **Sodium** 449mg **Potassium** 588mg.

CYPRUS

Tahini Dip

Tahini Dip

ACTIVE: 15 min **TOTAL:** 15 min

TO MAKE AHEAD: Refrigerate for up to 2 days. Add a little water before serving if the dip is too stiff.

Super creamy with the nutty flavor of sesame seeds, this dip is a popular way to begin a meal in Cyprus. Serve with crudités and pita.

- **½ cup tahini**
- **2 tablespoons lemon juice**
- **1 tablespoon extra-virgin olive oil, plus more for garnish**
- **1 clove garlic, crushed**
- **¼ teaspoon salt**
- **6 tablespoons water**
- **3 tablespoons chopped fresh parsley**
- **Toasted sesame seeds for garnish**

Combine tahini, lemon juice, oil, garlic and salt in a food processor. Pulse, scraping down the sides as needed, until smooth. With the motor running, add water in a thin stream until the mixture is pale and smooth. Transfer the dip to a serving bowl and top with parsley. Garnish with sesame seeds and more oil, if desired.

SERVES 8: 2 Tbsp. each
Cal 106 **Fat** 10g (sat 1g) **Chol** 0mg **Carbs** 4g **Total sugars** 0g (added 0g) **Protein** 3g **Fiber** 1g **Sodium** 79mg **Potassium** 82mg.

Purslane, Tomato & Cucumber Salad with Mint

ACTIVE: 10 min **TOTAL:** 10 min

Purslane is a nutrient-packed green with a bright, lemony flavor and delicate crunch. Many gardeners in the U.S. consider it a weed, but Cypriots use it to make refreshing salads. If it isn't growing in your own yard, try calling a local vegetable farmer, who might be pleased to give some away, or you can order it from melissas.com *or* chefs-garden.com. *Watercress is a peppery substitute.*

- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons red-wine vinegar**
- **¼ teaspoon salt**
- **3 cups trimmed purslane *or* 6 cups trimmed watercress**
- **2 medium tomatoes, diced**
- **1 medium English cucumber *or* 2 Persian (mini) cucumbers, diced**
- **2 tablespoons chopped fresh mint**

Whisk oil, vinegar and salt in a large bowl. Add purslane (or watercress), tomatoes, cucumber and mint. Toss to combine.

SERVES 5: 1 cup each
Cal 73 **Fat** 6g (sat 1g) **Chol** 0mg **Carbs** 4g **Total sugars** 2g (added 0g) **Protein** 2g **Fiber** 1g **Sodium** 133mg **Potassium** 350mg.

STYLING NORA S NGLEY (FOOD). PAIGE HICKS (PROPS)

Wild Asparagus with Scrambled Eggs

ACTIVE: 25 min **TOTAL:** 25 min

Spring brings a lush carpet of blooms to the hills of Cyprus and sends food-loving foragers out hunting for wild asparagus. Cooked with eggs and potatoes, it's a simple scramble that's often served as one of several small plates at dinner. You can find wild asparagus in the U.S. as well; otherwise, shop for stalks that are as young and tender as possible. (Adapted from Munevver Gurel.)

- **2 tablespoons extra-virgin olive oil, divided**
- **1 medium waxy potato, cut into ¼-inch pieces**
- **12 ounces asparagus, trimmed and cut into ¾-inch pieces**
- **½ teaspoon salt, divided**
- **4 large eggs, lightly beaten**
- **½ teaspoon ground pepper**

1. Heat 1 tablespoon oil in a medium nonstick skillet over medium heat. Add potato and cook, stirring occasionally, until golden brown, about 12 minutes. Transfer to a plate.

2. Add the remaining 1 tablespoon oil and asparagus to the pan. Cook, stirring occasionally, until the asparagus is tender, 3 to 4 minutes. Return the potato to the pan and season with ¼ teaspoon salt. Add eggs and the remaining ¼ teaspoon salt and pepper. Reduce heat to medium-low and cook, stirring occasionally, until the eggs are set, 1 to 2 minutes.

SERVES 4: ¾ cup each
Cal 177 **Fat** 12g (sat 3g) **Chol** 186mg **Carbs** 10g **Total sugars** 2g (added 0g) **Protein** 8g **Fiber** 2g **Sodium** 371mg **Potassium** 377mg.

STAY

Get relief from the Mediterranean heat in the whitewashed courtyard of the **Cypriot Swallow Boutique Hotel.** The historic home in north Nicosia has been renovated into a three-room guesthouse. *cypriotswallowboutiquehotel.com*

Sip tiny cups of thick Cypriot coffee while people-watching on your private balcony at **3 Rooms Boutique Hotel,** inside the medieval Venetian walls of Nicosia's historic center. *3roomshotel.com*

EAT

Colorful volumes line the walls of north Nicosia's **Rüstem Kitabevi,** where set menus feature homey Turkish Cypriot fare in a dining room above an iconic bookstore. *facebook.com/rustemkitabevi*

Located within the buffer zone, **The Home Café** serves fair-trade coffee alongside slices of sweet and savory cakes and organic salads dressed with island-made olive oil. *home4cooperation.info/café*

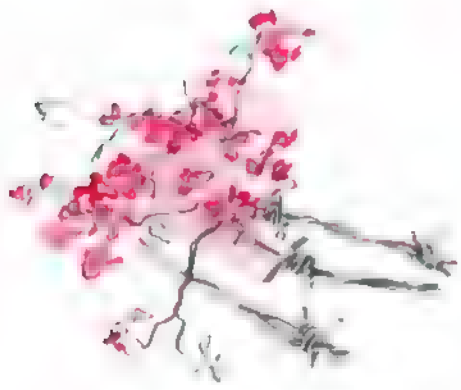
DO

Soak and scrub like a Sultan then indulge in a massage or full-body clay mask in the gorgeous **Hamam Omerye** (*right*), a Turkish bath inside Greek-speaking Nicosia. *hamamomerye.com*

Hike to the hilltop **Buffavento Castle** in northern Cyprus, an ancient fortress that has views stretching from the Kyrenia Mountains to turquoise bays and sandy beaches

Hamam Omerye was originally the site of a church then a mosque before being transformed into a Turkish bath in the 16th century.

ILLUSTRATIONS BY HEATHER GAILEY. THIS PAGE: HERCULES M. LAS/ALAMY. PAGE 25: BORIS SV/GETTY IMAGES



Black-Eyed Peas with Chard

ACTIVE: 15 min **TOTAL:** 45 min (plus overnight soaking)

Two Cypriot specialties—good olive oil and fresh lemons—lend sunny flavor to this simple bean dish, served as a side in Cyprus. Top with a dollop of Greek yogurt for a meatless main. (Photo: page 29.)

- **1 cup dried black-eyed peas**
- **1½ teaspoons salt, divided**
- **3 tablespoons extra-virgin olive oil, divided**
- **1 medium onion, chopped**
- **2 cloves garlic, finely chopped**
- **1 pound chard, trimmed and coarsely chopped**
- **3 cups low-sodium vegetable broth *or* no-chicken broth**
- **4 tablespoons lemon juice, divided**

1. Place black-eyed peas and 1 teaspoon salt in a medium bowl. Cover with cold water by 2 inches and soak overnight.

2. Drain and rinse the peas. Transfer to a medium saucepan with the remaining ½ teaspoon salt. Cover with 4 cups water. Bring to a boil over high heat. Reduce heat to maintain a simmer and cook until the peas are almost tender, about 15 minutes. Drain.

3. Heat 1 tablespoon oil in a large skillet over medium heat. Add onion and garlic; cook, stirring occasionally, until softened, about 3 minutes. Add chard; cook, stirring occasionally, until the greens are slightly wilted, 2 to 3 minutes more. Add the peas, broth and 2 tablespoons lemon juice. Cook, stirring occasionally, until the peas are tender, about 20 minutes.

4. Serve warm, drizzled with the remaining 2 tablespoons each oil and lemon juice.

SERVES 6: about 1 cup each

Cal 186 **Fat** 8g (sat 1g) **Chol** 0mg **Carbs** 23g **Total sugars** 5g (added 0g) **Protein** 8g **Fiber** 7g **Sodium** 308mg **Potassium** 543mg.

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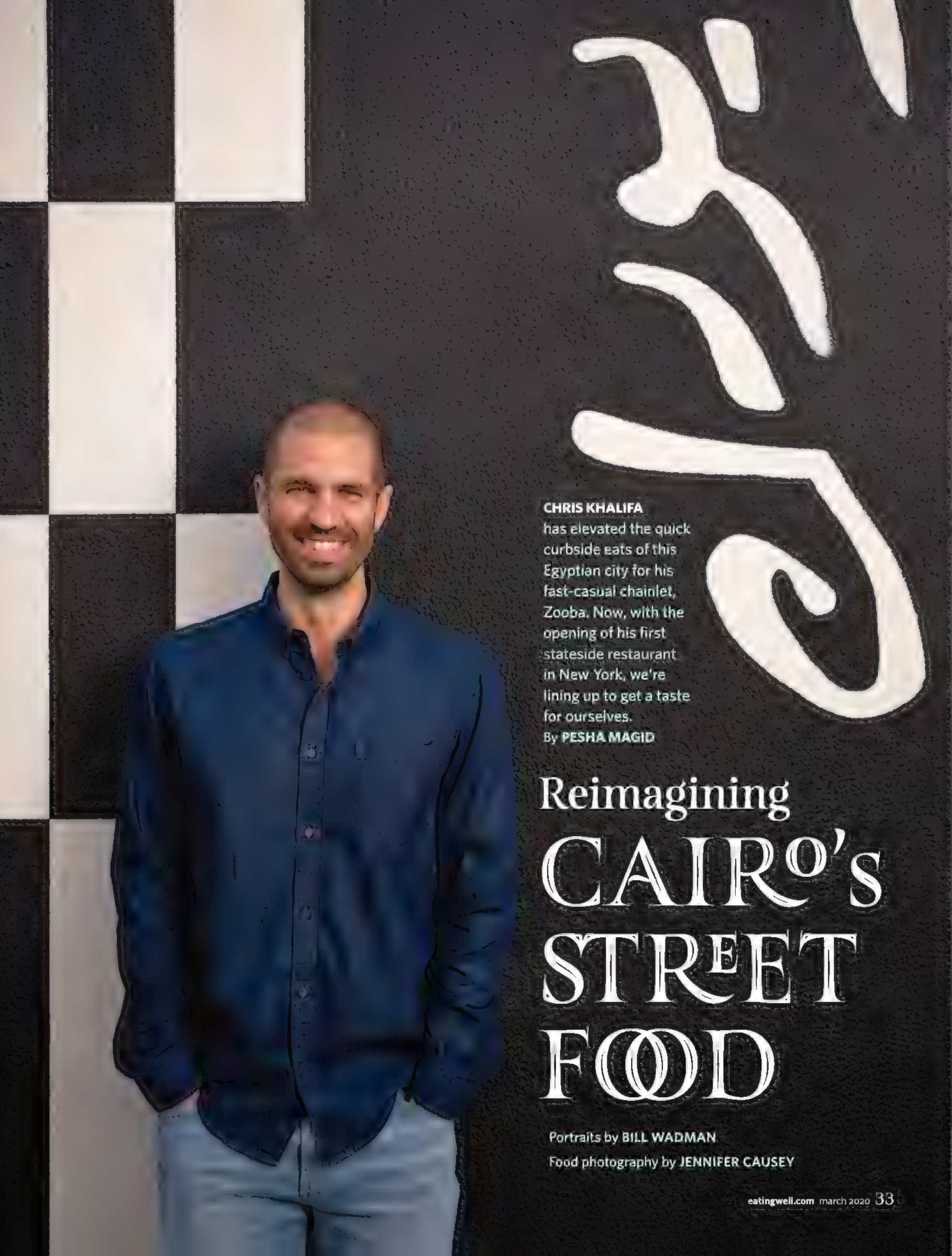

CHRIS KHALIFA has elevated the quick curbside eats of this Egyptian city for his fast-casual chainlet, Zooba. Now, with the opening of his first stateside restaurant in New York, we're lining up to get a taste for ourselves.

By **PESHA MAGID**

Reimagining CAIRO's STREET FOOD

Portraits by **BILL WADMAN**

Food photography by **JENNIFER CAUSEY**

In Cairo, the air is thick with smog and vendors sell street foods amid a cacophony of honking horns and the haze of car exhaust. Step into one of Chris Khalifa's seven restaurants in Cairo and you'll find clean tables, bright colors and a cozy atmosphere in which to escape the chaos and enjoy many of the same foods. But, instead of car fumes, his Zooba restaurants are filled with the tantalizing aroma of sizzling beef for *hawawshi* sandwiches, and coriander and garlic, which season crispy *taameya*, Egypt's answer to falafel.

Like most street food around the world, here in Cairo, a city of more than 20 million people, the dishes are fueled by a marriage of necessity and innovation. Street vendors use basics like rice, tomatoes and cheaper (often scrap) cuts of meat as the building blocks for their offerings, then layer on their own signature flavors—inexpensive spices, vinegars and oils—to transform the simple into mouthwatering. *Koshari* is a great example. It's a humble carb-fest of pasta, lentils and rice that is a cheap meal in a bowl and beloved in this city.

Chris Khalifa, an Egyptian-American business school graduate, saw an opportunity for Egyptian cuisine as he watched the global rise of street food. He opened the first Zooba in Cairo in 2012. With only a good business idea and no real background in food or cooking, he poached Moustafa El Refaey from one of Cairo's best restaurants to be his partner and head chef. While there have been plenty of chefs channeling their creativity through food trucks, El Refaey was among the first in Egypt to elevate street food in a restaurant. He matches spicy fried cauliflower or roasted eggplant with falafel-like taameya. Lime oil and pickled lemon infuse *ful*, a fava-bean mash. And he tops the hamburger-like hawawshi sandwiches with tomato-onion relish or beetroot-hibiscus hummus, add-ons you're unlikely to find at a food cart. Plus, Zooba's hawawshi is made from a blend of top-quality meat—which isn't always the case on the streets—and over 40% vegetables.

"A butcher in Cairo was combining leftover meats and created this sandwich," says Khalifa. "The core of how that item came about is definitely a testament to Egyptian resourcefulness," he says respectfully about the roots of the idea. "But part of what we do at Zooba is take these foods that we are proud

ILLUSTRATIONS BY HEATHER GATLEY; TOP RIGHT: ZOOBA/TAREK EFFAT

All seven Zooba stores in Cairo, including the original location in the Zamalek neighborhood *(shown here)*, feature vibrant blue antique doors that are beautiful examples of Egyptian craftsmanship.

Koshari, p.37 & Lentil Soup, p.36

of and do them a new way, with the best-quality ingredients."

Zooba also strives to operate in a sustainable way. The Cairo outlets used to stack food in plastic containers in an open fridge, but that changed because of the environmental impact.

"We stopped seeing that fridge as containing beautiful food but instead as this huge pile of plastic," says Khalifa. So in 2019 Zooba announced that it would go plastic-free and remove all the display fridges from its Cairo stores. Khalifa knew the reduction of emissions and electricity usage from the cooling units would be small, but Zooba would no longer put 350,000 pieces of plastic waste into the environment each year.

While these eco-friendly choices and the quality of the ingredients drive prices higher than what is typically sold at food carts, the restaurant still has many fans.

"I pay for good-quality ingredients, consistency and convenience when I pay Zooba's admittedly high prices, and they deliver on these fronts," says Heba Afify, a Cairo native and Zooba regular. "If it was possible to walk to a street cart and get sandwiches with top-notch ingredients then Zooba wouldn't have had a market, but it's not. I also like the creative combinations of foods you won't find elsewhere, like beetroot tehina, which is delicious, and eggplant-stuffed taameya," Afify says.

Khalifa is betting that what Egyptians have come to love about Zooba will be good for business as he exports the chain to other countries. The plan is to open 20-plus stores in the Middle East and elsewhere over the next seven years.

A New York City branch, the first in the U.S., opened last year. Khalifa says they brought architectural features, such as doors and iconic ful carts, straight from Cairo as part of the effort to export some of that authenticity. He says that through its food and design, Zooba seeks to uphold Egyptian culture and to give diners outside the country what will be perhaps their first taste of what's been keeping Cairo residents happy and satisfied for years.

PESHA MAGID *is a freelance journalist based in Baghdad, Iraq.*

Hawawshi

ACTIVE: 35 min **TOTAL:** 35 min
EQUIPMENT: Panini press
This hot sandwich is filled with ground beef, vegetables, herbs and spices and adapted to be made in a home panini press. If you don't have one, cook it in a skillet over medium heat with another skillet on top, weighted down with a few 15-ounce cans.

- **1 small yellow onion, quartered**
- **1 small green bell pepper, seeded**
- **1 Italian long hot pepper, seeded if desired**
- **1 small tomato, cored**
- **1 teaspoon salt**
- **½ teaspoon ground allspice**
- **½ teaspoon ground pepper**
- **2 pounds lean ground beef**
- **3 tablespoons chopped fresh cilantro**
- **4 6-inch whole-wheat pitas, halved**

1. Combine onion, bell pepper, hot pepper and tomato in a food processor. Pulse until finely chopped. Add salt, allspice and pepper. Pulse, scraping down the sides as necessary, until well combined.
2. Transfer the mixture to a large bowl. Add beef and cilantro and mix well. Stuff about ½ cup of the filling into each pita half.
3. Preheat a panini press to high. Press the hawawshi in batches until brown and crispy, about 5 minutes.
SERVES 8: 1 hawawshi each
Cal 346 **Fat** 11g (sat 4g) **Chol** 87mg **Carbs** 26g **Total sugars** 2g (added 0g) **Protein** 35g **Fiber** 3g **Sodium** 605mg **Potassium** 530mg.

Taameya with Tahini Sauce

ACTIVE: 45 min **TOTAL:** 45 min (plus overnight soaking)
TO MAKE AHEAD: Refrigerate sauce (Step 6) for up to 4 days.
The Arabic word taameya *translates to "tasty little bits." This version, made with fava beans, which are plentiful in the Nile delta, is thought by some to be the original falafel.* (Photo: page 32.)

TAAMEYA

- **1¾ cups (10 ounces) skinless dried fava beans *(see Tip, page 11)*, soaked overnight**
- **¾ cup chopped fresh cilantro**
- **¾ cup chopped fresh parsley**
- **2 tablespoons chopped yellow onion**
- **1 large clove garlic**
- **1 teaspoon coriander seeds plus 6 tablespoons, divided**
- **1 teaspoon salt**
- **5 tablespoons sesame seeds**
- **6 cups canola oil**

TAHINI SAUCE

- **⅓ cup tahini**
- **⅓ cup water**
- **1½ tablespoons white-wine vinegar**
- **¾ teaspoon ground cumin**
- **⅛ teaspoon salt**

1. To prepare taameya: Drain fava beans. Combine cilantro, parsley, onion and garlic in a food processor. Process, scraping down the sides as necessary, until very finely chopped, about 1 minute. Add the fava beans and continue processing until a paste forms, about 3 minutes. Add 1 teaspoon coriander seeds and salt; process for 1 minute more.
2. Pound the remaining 6 tablespoons coriander seeds in a mortar and pestle until cracked. Stir in sesame seeds and transfer to a plate.
3. Heat oil in a large pot over medium-high heat to 350°F. Line a baking sheet with plastic wrap.
4. Meanwhile, using 2 tablespoons each, form the fava bean mixture into 24 disks 1½ inches wide. Lightly press both sides of the disks in the seed mixture and place on the prepared pan.
5. In batches, carefully drop the disks into the hot oil and cook, flipping once, until golden brown, about 4 minutes. Transfer the taameya to a baking sheet lined with paper towels.
6. To prepare sauce: Whisk tahini, water, vinegar, cumin and salt in a small bowl. Serve the taameya with the sauce.
SERVES 6: 4 taameya & 2 Tbsp. sauce each
Cal 364 **Fat** 29g (sat 3g) **Chol** 0mg **Carbs** 22g **Total sugars** 1g (added 0g) **Protein** 10g **Fiber** 8g **Sodium** 453mg **Potassium** 405mg.

Lentil Soup

ACTIVE: 35 min **TOTAL:** 1 hr
TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.
Use red, yellow or even brown lentils to make this iconic and super-simple Middle Eastern soup. Skip green or black lentils, which won't soften enough to puree smoothly. (Photo: page 35.)

- **1 tablespoon sunflower oil**
- **½ cup sliced carrots**
- **½ cup diced tomato**
- **⅓ cup sliced yellow onion**
- **2 tablespoons sliced garlic**
- **2 tablespoons tomato paste**
- **1½ teaspoons ground cumin**
- **1½ teaspoons salt**
- **½ teaspoon ground pepper**
- **2½ cups yellow *or* red lentils**
- **9 cups water**

STYLING: CHELSEA ZIMMER (FOOD), AUDREY DAVIS (PROPS)

1. Heat oil in a large pot over medium heat. Add carrots, tomato, onion and garlic; cook, stirring occasionally, until the tomato has broken down and is starting to stick to the bottom of the pan, 4 to 5 minutes. Stir in tomato paste, cumin, salt and pepper; cook, stirring frequently, until the tomato paste is browned, 1 to 2 minutes. Add lentils and water; bring to a boil over high heat. Reduce heat to maintain a simmer and cook, stirring occasionally, until the lentils are soft and the soup is thickened, about 25 minutes.
2. Puree the soup using an immersion blender or in batches in a regular blender until smooth (use caution when blending hot liquids).
SERVES 8: about 1 cup each
Cal 245 **Fat** 3g (sat 0g) **Chol** 0mg **Carbs** 41g **Total sugars** 1g (added 0g) **Protein** 15g **Fiber** 7g **Sodium** 487mg **Potassium** 513mg.

Koshari

ACTIVE: 45 min **TOTAL:** 45 min
This kitchen-sink of a vegetarian dish was most likely invented in Egypt in the mid-1800s when Cairo was a major multicultural trade port, which could explain the similarities to Italian spaghetti as well as the Indian rice-and-lentil comfort food khichdi. *Three toppings—a spicy tomato sauce (*shatta*), crispy onions and a garlicky vinegar (*dakka*)—are added to the* koshari *before serving, but in Cairo most people like them in separate bowls so they can season their bites one at a time.* (Photo: page 34.)

KOSHARI
- **1 tablespoon sunflower oil**
- **1⅓ cups long-grain brown rice, such as brown basmati**
- **2 teaspoons ground cumin**
- **¾ teaspoon salt**
- **½ teaspoon ground pepper**
- **2⅔ cups water**
- **4 ounces whole-wheat spaghetti**
- **1 15-ounce can no-salt-added brown lentils, rinsed**
- **1 15-ounce can no-salt-added chickpeas, rinsed**

SHATTA
- **2 cups diced tomatoes**
- **½ cup chopped onion**
- **2 cloves garlic, sliced**
- **1 tablespoon tomato paste**
- **1 tablespoon distilled white vinegar**
- **6 tablespoons ground cumin**
- **¾ teaspoon salt**
- **½ teaspoon ground pepper**
- **1⅓ cups water**
- **1 tablespoon red-wine vinegar**
- **1 teaspoon cayenne pepper**

FRIED ONIONS
- **1½ cups sunflower oil**
- **1 cup sliced white onion**
- **2 tablespoons cornstarch**
- **Pinch of salt**

The look of Zooba's shops in Egypt, as well as this New York City location in the Nolita neighborhood, is bright and busy to pay homage to the chaotic streets of Cairo, says co-owner Chris Khalifa.

DAKKA
- **¾ cup water**
- **3 tablespoons distilled white vinegar**
- **1 teaspoon minced garlic**
- **½ teaspoon ground cumin**
- **½ teaspoon salt**

1. To prepare koshari: Heat 1 tablespoon oil in a large saucepan over medium heat. Add rice and cook, stirring, for 1 minute. Add 2 teaspoons cumin, ¾ teaspoon salt and pepper. Cook, stirring, for 1 minute. Add 2⅔ cups water and bring to a simmer over high heat. Reduce heat to maintain a simmer, cover and cook until the rice is tender, about 35 minutes. Remove from heat and let stand, covered, for 5 minutes.
2. Meanwhile, prepare shatta: Combine tomatoes, chopped onion, sliced garlic, tomato paste, 1 tablespoon white vinegar, 6 tablespoons cumin, ¾ teaspoon salt, pepper and 1⅓ cups water in a medium saucepan. Bring to a boil over high heat, then reduce heat to maintain a lively simmer. Cook, stirring occasionally, until the sauce is thickened, about 20 minutes. Remove from heat and stir in red-wine vinegar and cayenne.
3. Bring a small saucepan of water to a boil. Break spaghetti into 1- to 2-inch pieces and cook until just tender, 8 to 10 minutes. Drain.
4. To prepare fried onions: Heat oil in a large skillet to 350°F. Toss sliced onion with cornstarch in a medium bowl. Add half of the onion to the oil and cook until golden, about 6 minutes. Transfer with a slotted spoon to a plate lined with paper towels. Repeat with the remaining onion. Sprinkle with a pinch of salt.
5. To prepare dakka: Combine water, white vinegar, minced garlic, cumin and salt in a blender; puree for 1 minute. Transfer to a bowl.
6. Transfer the shatta (tomato mixture) to the blender and puree until smooth.
7. Gently stir the spaghetti and lentils into the rice. Serve the koshari topped with chickpeas, the shatta, fried onions and dakka.
SERVES 8: 1¼ cups each
Cal 350 **Fat** 12g (sat 1g) **Chol** 0mg **Carbs** 53g **Total sugars** 4g (added 0g) **Protein** 11g **Fiber** 10g **Sodium** 674mg **Potassium** 308mg.

Zooba Salad

ACTIVE: 10 min **TOTAL:** 10 min
This crisp blend of vegetables is offered as a topping or side at Zooba. We made it a stand-alone salad to stuff into pita with taameya or serve with just about anything else. (Photo: page 32.)

- **2 tablespoons lime juice**
- **2 teaspoons distilled white vinegar**
- **2 teaspoons ground cumin**
- **¼ teaspoon salt**
- **1⅓ cups diced cucumber**
- **1¼ cups diced tomatoes**
- **1 cup chopped fresh parsley**
- **⅔ cup diced green bell pepper**
- **½ cup diced radishes**
- **⅓ cup diced yellow onion**

Whisk lime juice, vinegar, cumin and salt in a large bowl. Add cucumber, tomatoes, parsley, bell pepper, radishes and onion; toss to combine.
SERVES 4: 1 cup each
Cal 37 **Fat** 1g (sat 0g) **Chol** 0mg **Carbs** 8g **Total sugars** 4g (added 0g) **Protein** 2g **Fiber** 2g **Sodium** 162mg **Potassium** 347mg.

Continue to next page